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Fred L. Poet.

TOBACCO MANUAL

BY N. A. HUNT

MAPLETON STATION, MINNESOTA

IN THIS SMALL WORK MAY BE FOUND ALL THAT NEEDS TO BE KNOWN OF TOBACCO AND THE TOBACCO HABIT

PORTLAND, MAINE

BROWN THURSTON & CO., PRINTERS

1888

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MOST AFFECTIONATELY DEDICATED

TO THE

BOYS AND YOUNG MEN

OF OUR LAND

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PREFACE.

SIXTY-FIVE years ago I hoed corn by the side of an old man who was very lame. He would make his way to the field with a staff in one hand, using the handle of his hoe for a second staff in the other. His staff he would leave at the edge of the field and having hoed one hill he would lean on his hoe and hobble to the next, and thus he would do from morn till night.

Why I used to love to hoe with this old man was that he was a great story-teller. His narratives of the encounters of the early settlers of New England with the Indians thrilled my whole soul, and perhaps gave me a bias against the red-skins, that it was hard for maturer years entirely to overcome. Not a forenoon nor afternoon passed without the recital of some white child stolen, some Indian barbarity, or some marvelous escape.

The old gentleman, though seldom without tobacco in his mouth, consumed comparatively little. He chewed it over and over, and if the strength of it was too much exhausted he would add just a little fresh from the plug to it and hoe another bout. When a hill was a little weedier than common the tobacco felt the power of the grinders upon it as well as the weeds the power of the hoe.

My companion (for I felt him to be such) would sometimes pass me the tobacco, after he himself had taken some, which, I am sorry to say, I did not always refuse. I especially remember that it was so once. Not long did I hold the accepted quid in my mouth till lips, gums, palate, and the whole mucus membrane even to the fauces felt awfully. I put the tobacco from my mouth and tried to get relief by spitting, but the spittle soon became only a white froth; to spit which I called "spitting cotton." I went to the water jug and rinsed my mouth but to little purpose. Hours elapsed before the secretions took on their normal and wonted action. My personal experience in the use of tobacco began and ended on the day that I hoed corn by the side of Joseph Blood.

INTRODUCTION.

THE following pages have been prepared chiefly for boys and young men. But if the eye of older persons should chance to fall upon them I trust that the importance of the subject will be deemed of sufficient magnitude to induce them also to give the work a hearing, and pass upon it their candid judgment.

My mind, for more than thirty years, has been turned to some extent to the injury that tobacco has been doing in our land ; but as each successive year has followed the preceding, the magnitude of the evil has seemed to increase, and I have felt more and more that something ought to be done to mitigate it, and not only to mitigate it but to arrest it altogether.

Much has been written and published during the last ten or fifteen years against the use of tobacco, and the evidence is so plain that its effects are injurious that to many it seems useless to say anything more on the subject. I have thought, and at times said, that there was no use in trying to reform an habitual user of tobacco. But I will have to take that back or materially qualify it. I have met with so many within the last few years who have stopped the use of tobacco entirely, even of veteran users of it, that my hopes are strong for a tobacco reform that will not only

save the young from forming the habit of using it, but cause multitudes to give it up who have already become addicted to its use.

My faith is so strong in the average young man of this generation, that I think if I can but get him to turn his attention to the subject, and I can set it forth in its true light, before he has once formed the habit of chewing or smoking, he will never begin. This is just why I have written this book that I denominate a Tobacco Manual.*

There are two principal reasons why the use of tobacco ever became so prevalent, and why it holds such a sway over the minds of men. The first is ignorance as to the effects of tobacco on the human system. And the second is the fascinating influence that it has on the mind as soon as the system is once brought under its sway. There is nothing that is like it that we know of unless it be opium. The fascination of strong drink is nothing to be compared to it. I think that I have made it plain in the following pages that the great mass of the people has not the slightest idea what harm tobacco is capable of doing, and has actually done in the world. And those most devoted to its use, with some notable exceptions, are deluded and think tobacco is doing them no special harm, and some of them even think that it is doing them good.

The foundation of this work is based upon my own observations, and I relate numerous instances that I have met with during the last half century of my active life, in which it seems to me that tobacco was the cause of many blasted hopes and of many premature deaths. As a minis-

*Perhaps I assume too much in calling this work a tobacco manual, but I think that the individual who carefully reads it through will learn all there is to be learned about it, and can easily turn to the page where its varied effects on the human system are described.

ter (I also received a medical education) my opportunity of observation has been somewhat favorable; perhaps the more so as a portion of my life has been spent in a tobacco growing region.

It has been quite a number of years since I gave utterance to this declaration — that I thought I had been called to attend more funerals, barring accident and violence, where tobacco caused premature death, than where strong drink had. I knew when I first began to enunciate such a sentiment that it ran counter to the commonly received opinion in the community. But read patiently to the last page of this work and then form your own opinion.

I would not have the reader infer that I think too lightly of the evil of strong drink, and he will not if he reads to the end. I have endeavored to keep the two evils separate as far as two cognates could be. But twin brothers of vice, as it was in the case of Daniel's ram in the vision that had two horns, one higher than the other, and "the higher came up last," so it may be that tobacco, in some respects, mounts to a higher bad eminence than rum, or strong drink.

A good many years ago I thought I would try and inform the public through the newspapers in regard to the effects of tobacco. If I were acquainted with an editor perhaps I could get a short article into his paper once in a great while, but not often. The reason is plain. Most of his subscribers use the article, and they don't want to have their practices upbraided. And for an editor to insert anti-tobacco articles in his paper frequently, would mean fewer subscribers and less "bread and butter." The last time I tried it, a year or two ago, I had just received a large poster, setting forth a new discovery, claiming it to be a great boon

to the human family. It claimed to have discovered how to collect the nicotine (the most virulent of poisons) in a cigar in a bit of gun-cotton placed in the end which the smoker holds in his mouth. The gun-cotton, of course, must have been dipped in a solution having an affinity for the poison of the cigar. Then the smoker could smoke and be safe. The cigar would cost a little more, but the smoker would be *safe.* In my article for the local paper I ran over, in as few words as I could, the process of making the anti-nicotine ten-cent cigar, with the exception of the solution, which was a secret of course, and closed the article of two or three hundred words by advising the boys to keep their dimes in their pockets for a better purpose. I was a stranger in that town and the article went to the waste basket. I thought that I would vamp the article over a little and send it to another paper, but I did it with no better success. I could count upon the ends of my fingers all the articles on tobacco that I ever got into a newspaper. We cannot enlighten the world on the subject of tobacco through newspapers, and for two reasons. We cannot get articles inserted, and then if we could, we cannot, in a suitable manner, discuss the subject in detached articles, such as those in newspapers must necessarily be.

In discussing the tobacco question, in which, as I said, I take my own observations as a cause and basis of the work, I bring to my aid on the subject all the information that I can get from the best authorities the world produces.

As to the properties of tobacco, we depend on the chemist who analyzes it and tells what its elements are. As to its effects upon the animal system and animal life, we go to the experimenter, who is generally a physician. Not to

endanger human life, he takes an animal, a dog, a cat, a rabbit, or a bird, and sees what tobacco, oil of tobacco, nicotine, or any of its active principles, will do on the animal. These results of experiments on animals serve as a clew to what tobacco is capable of doing on the human system. Not only do physicians experiment on animals with tobacco, but the properties of other articles have been tested on the brute creation, before venturing to try them on man. Then physicians have made the most careful observation of cases that have come before them, to see whether tobacco could have had any part to act, any influence to exert, in producing disease or ailment of any kind. We have called in the testimony of the wisest and best of physicians all the way through this work, resting nothing on our observation alone, our observation only starting the inquiry. If we cannot, in every case where we have given our opinion, bring as proof that of men eminent in the profession and of wide experience, you may count our observations as nothing. Again, we have dwelt at length on the effect of tobacco on certain diseases, and brought in abundant testimony regarding each particular disease.

As to the effect of tobacco on the student's life, his ability to acquire knowledge, to discipline his mind, and to form correct habits of life, we have consulted our educators all over the land, and even gone to other civilized countries to find the best testimony regarding the effect of tobacco on the young mind that would rise in intellectual attainments. In the same schools of learning in which observations have been made as to scholarship, testimony is even stronger in regard to the effect of tobacco on the moral char-

acter of the man using it. It seems a pity to stand by and see the mental faculties of the rising generation, in any way, or by any thing, limited so that they shall not reach the highest possible attainments and under the most favorable circumstances. For the accomplishment of this object we have been piling up brick and mortar without stint. We have secured the best instructions that could be found in all the country, and if there was need of it we have gone to other countries to secure it. We neglect nothing in the way of means, that the sons of America may rise to the highest possible attainment in knowledge. And yet we are told, by those who have the best means of knowing, that our students are greatly limited in their ability to reach this highest aim through the use of tobacco. This I say is a *pity*.

But when we come to the darker shade of the picture, and notice the effect that tobacco has on the moral character of the student, we are brought into a state of sadness rather than pity, inasmuch as moral character is more valuable than mere knowledge ; and the loss to the individual and to community is greater in the loss of moral character than in the want of knowledge or the want of means to acquire knowledge. Under this head we bespeak the reader's particular attention, as we have produced the most abundant testimony regarding it.

Nor have we passed over entirely the influence of tobacco on the church. Certainly, that which fetters the mind and limits it in any way in its wonted modes of action and blunts the moral sense, must retard the work of the church. Even if comparatively few of those who are set as watchmen upon the walls of Zion use it, as we believe is true, still multitudes of communicants in nearly all the churches

do use it. And those without the pale of the church to whom we are commissioned to carry the invitations of the gospel, are through the use of tobacco rendered far less liable to receive the gospel message if tobacco has thrown over them its delusive influence. I have endeavored to show, by numerous instances of confession from the mouths of chewing and smoking ministers themselves, the great hinderance that tobacco has been to them in the work of preaching the gospel, as well as filling themselves with shame and confusion of face.

In sections of the country where I have had the best opportunity of inquiring, I have found that the examination of many church records show three times as many names of females as males. The reason, should it be searched for, I think would be partly accounted for through the use of tobacco. Males use nineteen-twentieths of all the tobacco that is used.

I have desired to place tobacco in its true light, to show, as far as I could and as plainly as I could, what can be justly charged to the use of tobacco. I am well aware that n taking up and discussing one evil, it often seems as though we forget all other evils, and would account for every thing that is prejudicial to our well-being by charging it to that particular evil to which our mind is specially turned.

That intoxicants are often chargeable with the same results that we claim tobacco produces, especially so far as moral and religious consequences are concerned, we admit. Through the entire discussion we have had our mind on both evils, and by various comparisons, we have shown the action on the human system of a stimulant and narcotic.

Certain diseases and certain states of mind, liquor tends to bring on, rather than a narcotic or tobacco. This fact we believe is pretty generally understood and admitted. But certain other diseases and states of mind tobacco produces rather than stimulants. The latter fact, we believe, is not so generally understood, and that is why we have tried to draw a line of distinction all along in our discussion of the tobacco problem.

It has been said, and with a good degree of truth, that it is best to push but one reform at a time. I have been the more willing to defer the publishing of this little work, because we have the evil of intemperance to grapple with, and must not lose sight of it or relax our efforts. But the one has now been brought into politics. And while that does not relieve us of the duty of using our moral influence against it, still there is both a political and legal responsibility assumed against the saloon which must extirpate it in the near future. Perhaps the time will come when the tobacco problem will be brought into politics. But now no party proposes to champion a tobacco reform. Should the people in their wisdom think it best from time to time to ask for laws prohibiting the sale of tobacco to certain classes of the community, such laws would probably be enacted without reference to any particular party. It may possibly be that sometime a political party may spring up to carry on a tobacco reform. The mode would be American, but the time is not now.

I have devoted a short chapter to personal liberty. I thought it would be interesting to boys and young men. There has been a great effort, especially for a few years past, to mislead people in regard to personal liberty. And

it does have a bearing on the tobacco question just as much as on any other subject. Hence, I have tried to elucidate the subject to the comprehension of even a school boy.

In the order of the subjects as I have taken them up, the history of the tobacco plant, its introduction into the mother country, its spread through the east, its manufacture, its tendency to impoverish the soil, and so on through the whole book, perhaps I have not preserved the best order that I might have done. But I have failed more in introducing under one head, in some cases, what more properly would have been introduced under another. This has partly occurred from the fact that I have for so many years been collecting items on tobacco and when I came to select from the manuscripts, sometimes hastily and poorly written, I often found it no small job to lay my hand on just the testimony that I wanted at the time, and would write on, knowing that I would find it at a future time. Then, afterward, finding it I would go back and place it where it belonged, if of sufficient importance, but sometimes would put it in under another head. This is very noticeable under the head of the manufacture of tobacco.

I have also purposely referred to the same case twice, when it might seem that one reference was sufficient; but it has always been when I wanted to call up the same truth again, lest it had escaped the reader's mind, and the full force of the fact I was trying to impress on the mind would not be gained.

Probably no one can be more aware of the faults of the presentation of the subjects here considered than I myself. And if the observance of the faults in this little work should induce others more capable to get out its successor, or one

worthy to supplant it altogether, I should only be glad that another and better work was on its mission. I would that something of the kind, or something incomparably better might be in every family where tobacco is used; and if it should chance to drop even where no tobacco is used, it might, on the principle of action and re-action, soon exert an influence in the right place.

I have been careful that no sentence, line, or word in the entire work should be such that it might not, with the utmost propriety, be read or pronounced in the presence of a mixed company of boys and girls. And while I dedicate it to the boys of our land, I am sure that if the sisters of the boys should read it, it should find in them approvers, with scarcely a dissenting voice, and believe they wouldacknowledge themselves anti-tobacco disciples, and that each in turn would be likely to disciple at least one other.

When I have told a friend that I had a mind to publish a work on tobacco the usual reply has been, "You will miss it if you do," that is "you will lose money." I have an honest and sure conviction that tobacco is a bane to society and the world. And that in regard to the magnitude of the evil, there is gross ignorance on the subject. It is to mitigate this evil to the greatest extent that I can, that I am willing to make a sacrifice.

While I did not intend to portray the expense of the use of tobacco, it being so slight in comparison with the pernicious influence of it on morals, and the higher qualities of the mind that exalt man to his best estate, yet, with the right conception of the worth of money, I could hardly help giving it an important place. If we say that money is sordid, and in itself valueless when it lies in the miser's till,

it becomes an angel of mercy when it procures food for the hungry or clothes the naked. If it sends the Bible to the heathen, or supports the man of God there to unlock the hidden mysteries of the Kingdom, it becomes an angel of light. So in our world, where what may under certain circumstances be called sordid, in other circumstances its value can be estimated only by its want. And so it often is with the wives and children whose husbands and fathers spend their money for tobacco which should have been spent for food and raiment, or might have been made to minister to their intellectual and spiritual needs. Hence, I have dwelt at length on tobacco, financially considered.

Tobacco, in an almost unaccountable way, weakens the will-power in those who are specially devoted to its use. This declaration will appear evidently true when we reflect that it is so hard for a veteran user of tobacco to stop using it. Those who have used no tobacco and thought it only a foolish sort of a habit to use it, know nothing of the strength of the iron fetters that bind the veteran tobacco user. A very large percentage of all the men that I have talked with (and I have talked with many) who once indulged in their cups but have given them up, have told me that they had only to say quit with a will, and it was done. Not so with those who have formed the habit of using tobacco. The veteran chewer or smoker has lost the grip of the will. This fact I have endeavored to make clear to the comprehension of the reader, for very much depends upon it in the final solution of the tobacco problem. As yet very few, comparatively, have thought correctly of the subtle power we have to contend with in tobacco. We have been in the habit of calling him a vagrant sort of a fellow, rather

than a very wily foe, and one whom we could easily shake off if he became troublesome. The opposite is the true view. Few, very few, boys ever think they will hurt themselves by using tobacco. They will smoke a little with their companions, but if they see that it is hurting them they will stop at once. With such sentiments almost every boy has begun the use of tobacco.

As character is largely built upon the strength of the will, if the will power is weakened the character suffers loss nearly in the same proportion as the strength of the will is lessened. He who wills to do right, to walk according to a rule and swerves not from it, has character. He who wills today to do right and tomorrow fails to carry out that will, suffers loss of character; but he who accommodates himself always to the company he may happen to be with, has no character at all. We often say of such a one, "Oh, he's a good fellow enough, but he has no character." Of course the character must be founded on right principles to have the character good. If the principles are erroneous and the will is firm in adhering to them, it vitiates the character and we call it bad. But if a man or boy vacillates, turns one way and another, just as the weather vane does according to the wind, we call such a one destitute of character. Those who have had most to do with students, and those placed over boys in houses of correction, say, as we have shown in after pages, that tobacco greatly interferes with the entirety of the will-power.

From the great abundance of statistics that I have collected in past years I have used but a few, just enough to show the correctness of my statements, and these I have selected from the most trustworthy sources. When I have

given estimates in dollars, weights, or counts of any kind, I have in every case cross-examined them with those of undoubted correctness, ever bearing in mind the fact that an over-statement injures a cause however good the cause may be in itself. I have also borne in mind another fact, viz.: that an array of figures seldom moves the reader, especially the young reader, like a simple narrative well told. When I was a small boy, Adams, the author of the arithmetic we then studied, came to our town with his head all full of figures, and lectured on temperance. He told us how many drunkards there were in the United States, how many hogsheads of new rum were drank annually, how many gallon jugs could be filled with the rum that was drank, and how many miles they would stretch if placed in a straight line touching each other, and how many persons went every year to a drunkard's grave. I still remember how Mr. Adams looked, up in that high pulpit, with the sounding-board hanging over his head, as though in danger of dropping down upon it, and how prescribed his gestures were, much like the rules laid down in addition, subtraction and multiplication, to tell us how to do the sums, as we expressed it. But after all, the lecture did not stir up my young heart to a very high pitch of enthusiasm. Some little time after that I read Dr. John Todd's (then of Groton, afterward of Pittsfield, Mass.) description of a funeral that he attended, and my soul rose in indignation against rum, and every man that drank it, and all the laws, or want of laws, that permitted it to be sold or drank. I wish I could reproduce the faintest sketch of that scene. It was on a cold November day, when dark and dismal clouds drifted hurriedly over the hills and swept along the valleys. His

ride was northwest, from Groton to Pepperell, with a "one horse chaise." Reaching the "puny mansion," not unlike that of the "pine cottage," where the corpse lay in robes for burial, he saw, wherever he turned his eyes, indications of poverty and want. The gate that should have been an entrance to the house, was not. Upon a log at the door lay the bed upon which the suffering woman had lain for many weeks, and the rickety bedstead that she had occupied stood beside it. In each of the two windows of the house the broken panes were replaced with rags, as well as the scanty store of that article would allow; here and there a clapboard had dropped from the house, and the rattling of others by the wailing winds showed that they were just ready to fall. Within, upon two chairs, stood the pine coffin, stained pale red, in which lay the emaciated wife of the husband, and mother of several children. Even death itself had not erased the lines of sorrow which years of suffering and neglect, not to say of abuse, had so indelibly imprinted. Upon some boards, extemporized for the occasion, near the head of the coffin, sat a bloated man, not far from forty, with bleared eyes, trembling limbs, and face deeply painted with rum, and the children of the deceased were sitting beside him. The near neighbors were present to do what they could to assist in the burial of the dead. After a few remarks and a prayer, the mother and wife was borne to her long resting place in mercy, to be shut from the sight of a drunken husband and weeping children. As Dr. Todd sixty years ago described that funeral scene, I pity the boy or young man who can read it today without dropping a tear.

If I can tell in a readable manner, the plain stories as they

have been told to me by those who have used tobacco, I think they will arrest the attention, and do more to put young men on their guard against the insidious foe by which the habit of using tobacco is formed, than by long columns of statistics, however formidable they may appear. These instances, as I have seen them, and heard them verified to me, I have sprinkled all through the work. And I am anxious that the boys of our land should read them. They are all true. None of them are fairy tales told for amusement, and you will find them so when you have read them. The boy who is a fair reader, can read the book through, of evenings, in a week. I did not wish to make a large book, but to put enough within a small compass to convince any honest, well-meaning boy, that it is not best for him to begin to use tobacco. It has cost me a hundred times as much to prepare this work, as it will you to read it, and all I ask is, that you should carefully read it through. And then if you think it best to use tobacco in any form, I will say no more. If you think, after giving it a fair perusal, that you will be a stronger man, a wiser man, or be more worthy of the esteem of man or woman, and better able to discharge the various duties of life, which must necessarily fall upon you, then I say, betake yourself to the use of tobacco, notwithstanding all that I have said, and all the array of facts that I have placed before you. But do it with your eyes open, and with an approving conscience. You may scrutinize the work as carefully as you can ; turn critic, and let nothing pass without examination, but reserve your final judgment till the last page is read.

My wife has told me, as in preparing it I have read portions of it to her, that boys cannot understand it. It is true

that portions of it, to be fully understood, may require more advanced age than some of the younger readers have attained ; but ordinary readers who can understand plain reading, will not be at a loss to know the purport of the entire book.

I have introduced a few pages near the first part of the book calculated to interest young persons, by relating Indian tales, and bringing up afresh the idea of special virtue being contained in "Indian herbs" and "Indian cures."

I would say, however, that the day passed long ago when there were any valuable medicinal properties found in herbs or roots that our medical faculties have not understood, and they have secured them in their best forms for use.

For the same reason that I introduced the stories about the Indians, Indian "cures," and the old negro a hundred and ninety, I also introduced the art of smoking, as it was said to have been carried on at the Queen's court in England in the days of Sir Walter Raleigh. Nor would I have suffered myself to have wandered so far from the legitimate object of the work, that of convincing the understanding and persuading the will to array itself against its arch enemy, tobacco, which so much militates against the highest and noblest faculties of man, had we not found the tobacco plant on Indian soil, seen him using it, labeled it the Indian "weed," and to our shame imitated him in using it.

It will not be deemed necessary on the subject that I am writing that I should make any particular acknowledgment to previous authors. I have for many years read whatever came to my hand on the subject, and sent for books and pamphlets that I thought would enable me to gain better or

further knowledge on the subject. I have often made quotation marks, usually when I have used the exact words of another. But I have often brought the important facts stated by an author into a few lines which were spread over half a page or more. I have sometimes put quotation marks to a single word, or two or three consecutive words, when the rest of the sentence or paragraph was my own, but in keeping with the idea of the author. This has been done simply for brevity. I have been careful always not to misrepresent an author.

To some a great many of the statements made in this work will seem impossible, but the whole truth about tobacco has not yet been told. It will take after generations, I had well nigh said, the light of the next world, to reveal all that is yet to be revealed concerning the destructive influence of this arch foe to the human family.

MAPLETON, MINN., Aug. 27, 1888.

A POEM.

Of all insidious human foes,
Of all engendering human woes,
Of all that taints both flesh and blood,
Of all that wastes whate'er is good,
Of all polluting God's free air,
In city, town, and everywhere,
Of all that makes a barren soil,
Wasting lives with sweat and toil;
Of all that blunts the sense of man,
And dwarfs his system by the span;
Of all bedimming human sight,
And shortening intellectual light;
Of all that weakens moral sense,
And banishes man's reason hence;
Such is the plant the East ne'er knew,
Till in the Western world it grew—
Deep rooted in Columbia's soil,
A foe to man in all his toil;—
And now the "weed" we'll banish hence,
And live like men of better sense.

ERRATA.

Page 64	line 24	read	up to a competency
65	5		course of my
65	6		attending a full
74	29		strange fire."
86	30		preceding
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HISTORY OF THE TOBACCO PLANT.

TOBACCO is a native of America, although some have supposed that it was raised in the East Indies before America was discovered by Europeans.

Meyer, in his geography of plants, expresses the opinion that Chinese smoked tobacco long before it was practiced by western nations. But as his evidence of it rests simply on the fact that he observed something like a modern tobacco-pipe among some very old Chinese sculptures, it does not give his view of the subject any great credibility.

There is no reliable evidence that any nation in Europe or Asia had seen the tobacco plant, much less used it in any way, till the earliest discoverers of America saw the Indians of the western continent smoking it. Columbus found the natives of the island of Cuba, as Las Casas says, "smoking dried leaves, rolled up in blades of maize." Charlevoix, in his history of St. Dominique, says that the Spaniards found the inhabitants smoking "dried leaves of a certain plant in an instrument that they called tobaco." Other writers say that the Indians called the maize leaves in which other dried leaves were rolled up "tobaco," hence, we infer that the article smoked took its name from the maize leaves in which it was rolled up to be smoked, — a name easily spoken; and if the article must be used at all, it strikes one as somewhat felicitous that the original name of the

thing in which it was smoked was not that of the German pipe, meerschaum, which would torture most people to pronounce.

The seeds of tobacco were first introduced into Europe, by one Gonzalo Hernandez de Oviedo, of Spain, where it was cultivated as an ornamental plant, till Nicola Menardes extolled it as possessing rare medical qualities. But its medical virtues were soon lost sight of, and for the best of reasons, because they never existed.

Tobacco is a plant adapted to a warm climate; yet before America was extensively explored by Europeans it had been cultivated by the Indians, not only along the Atlantic coast, but along the great father of waters, on the Missouri, far up the slope of the Rocky mountains, and even over the mountains, on the Columbia river.

It has been thought by some that different species of tobacco grew in different localities. But it is more probable that it was only a difference due solely to soil and climate. The larger varieties, sometimes called "Virginia Tobacco," grow from four to six feet high, and the leaves frequently eighteen inches long and ten broad. The leaf is oval, but tapers nearly to a point at the end remote from the stalk. The flowers are in loose terminal panicles, with purple or light-red petals, with funnel-form corollas, and seed capsules containing many small seeds resembling turnip or cabbage seed. Nothing eats the tobacco plant, that we ever heard of, in its growing stages, but the tobacco-worm, which grows to an enormous size, and with the hand of the cultivator of the plant, has to be picked off and crushed. The plant is topped as

soon as it shows signs of going to seed, except such as are designed for seed. By topping the substance that would go into the seeds is thrown into the leaves, and makes them much thicker and heavier, increasing their commercial value. While, on rich lands, the tobacco plant often grows nearly six feet high, it rarely, on the mountains and on lighter soils, reaches four feet. It is also said that the smaller varieties are much milder than the larger. A small kind has been cultivated in England, obtained from the east, which, no doubt, had lost some of its vigor in its removals, both as to growth and inherent qualities; as it is said to be milder than that transported from America. A smaller kind has also been cultivated in Persia, called the Shiraz tobacco, and prized highly in the east because it is so mild.

Tobacco was soon cultivated by the first permanent settlers in what is now the United States. In eight years after the first landing of the Virginia colony at Jamestown (1615), tobacco was growing in "gardens, fields and by the road-sides." The colony was but thirteen years old (1620) when tobacco was the most available commodity the colony had with which to purchase wives; for it is recorded in that year, that ninety virgins were bought at one hundred pounds of tobacco apiece. Some say one hundred and twenty pounds apiece. The next year, the record says, sixty more were bought, at one hundred and fifty pounds apiece.

We are not told very distinctly whether the purchase value went to the fathers of the virgins, as has been the custom among some savage and half-civilized tribes, or whether it went to pay their transportation.

We should hope the latter. And I think some later writers give it the latter version.

Very soon the art of smoking was learned at the English court and among the gentry. I say the *art*, for they had "Masters of smoking." And it was very well that they had, in some respects, for so poisonous a substance as tobacco should at first, at least, be used with care, and to have it a really valuable acquisition to life there must be grace about its use. The pipe, if pipe they used, should be filled dexterously,—cut from the plug, if they used the "plug" then, in the precise style — and from the palm of the hand be gracefully poured into the bowl of the pipe; then it must be pressed with a certain finger till it becomes consolidated, so that the smoke will draw through it just fast enough, and not too fast. Next in the process, if one would not be called vulgar, would be to brush all the tobacco crumbs and dust from his hands and clothes. All this having been done, fire with which to light the pipe must be secured. How they managed in those days without matches must be partly historic and partly drawn from imagination. History records that in their castles, when wood was more plenty than it is now, large fire-places existed, and glowing embers laid thick upon the hearthstone. The well-filled pipe thrust, half inverted, into those embers, would, with a dexterous scoop, secure live embers enough on the bowl of the pipe to set the tobacco on fire; or a single livid coal, with the tongs could be placed on the tobacco in the pipe; or a lighted splint, or small torch, could be held over the bowl of the pipe, and at the same time, with a vigor-

ous draw of the mouth at the stem of the pipe, the tobacco would be lighted. But however the pipe may have been lighted, whether with live embers, a livid coal, or with a burning torch, the pipe stem must immediately have been placed between the lips, and the breath been drawn in, to light the pipe effectually. As with everything else, to "do up" smoking well, many things must be considered. The pipe must be filled, not too hastily, neither should one be too long about it. Propriety in this respect must be studied. Then it is all important how the pipe is put in the mouth, whether midway between the angles of the mouth and the center, or in the center. It must also be held gracefully between the thumb and forefinger, and with a gentle wave of the hand be carried to the mouth. Another important care is, not to grip the pipe-stem too tightly with the teeth, neither should it be held too loosely, lest it bob up and down and show the smoker to disadvantage. There is yet another thing in which smokers should use care. The lips should not protrude too much, so as to exhibit a pouty appearance; neither should they be drawn in too much, lest they should make him appear like a man in anger. Indeed, there is nothing that a man does that shows so clearly his real self, as the way he "does up" his smoking. The smoking hour is one in which he throws off all restraint, and appears just what he is. The habit he learned from the Indians. They exhibited their *true* selves by smoking. When Columbus, on his first voyage to America, sent two men ashore on one of the West India Islands to see what they could discover, they returned, and among other things, said that they "saw men, stark naked,

sitting on the ground, twisting together large leaves, lighting one end in the fire, and smoking like devils." Why should not the Indians smoke? They had nothing else to do! Anything to pass away the time! The Indians were pagans, and to engraft a pagan custom on a civilized and enlightened nation, one would think might require a master to teach how to do it!

There has, within a few years, been an old manuscript found, written by one Dan Banister, in 1728, which relates many things that transpired in an early day in the Atlantic and Gulf states; and also some that transpired in the mother country. Among those mentioned in the mother country, he refers to that of Sir Walter Raleigh's presenting tobacco to Queen Elizabeth. I quote the words of the manuscript. "This being the first tobacco that ever came to England, Sir Walter thought he could do no less than to make a present of some of the brightest of the leaves to his Royal Mistress for her own smoking. The Queen graciously accepted them, but finding her stomach sicken after two or three whiffs, it was whispered by the Earl of Leicester's faction that Sir Walter had certainly poisoned the Queen. But her Majesty soon recovered, whereupon, she obliged the Countess of Nottingham and her maids to smoke a whole pipefull together."

Some one of rather a logical mind has said in regard to this circumstance, "Is it any wonder that English women to this day should despise tobacco?"

Dickens, in his "Child's History of England," speaks of Sir Walter's having indulged his pipe the morning he was beheaded, in preparation for the

awful scene. I think if he was ever excusable in smoking it was then, to blunt the sensibilities in approaching the execution block, and the murderous ax. But we will turn from burlesquing the art of smoking, and the execution of good Sir Walter to a brief analysis of the tobacco plant.

However it may be accounted for, the medicinal properties of plants in America have always received some fancied value by the populace, from being Indian roots or herbs. One of my earliest recollections is of a white man coming to our house one morning to see if we were not in want of some of his Indian remedies. He talked with my mother a long time, extolling the virtue of his "Cures," which he said he had learned from tribes of Indians in Canada. A whole family of Indians, and a white man with them, reputed to have been stolen by the Indians when a boy, and to have partaken of their manners and customs, came through our town when I was quite a boy, stopping a day or two in a place, in a shed, in an old cider-mill, or wherever they were permitted to stop, selling mats, brooms, and other articles of handicraft, but especially Indian remedies, "Cures." I remember having visited them, camped in an old cider-mill, and how they looked; but I remember also how I kept close to my older brother, and saying to him several times, "Less go."

In the spring of 1844, riding along on the bank of the lower Mississippi, I saw a negro approaching me, very old, and much bowed down over his staff; when we met, I accosted him in these words, "How old are you, my friend?" He looked up, with that peculiar aspect which a negro usually manifests when noticed

by one not of his own color, and replied, "Massa, Ise a hundred and ninety." "Ninety you mean, my brother," I said. "No," he reiterated firmly, "Ise a hundred and ninety." He then went on to tell whose slave he was in Virginia before the revolutionary war, and all the masters he had had; and at every transfer of property he would say, "you see I kept getting older." When I apparently accepted his age (because I saw there was no alternative), he said, "Do you know how I've stood up so long?" "No," I said, "will you please tell me?" He then went on to tell whose slave he was in Kentucky, when an old Indian chief came along on his way to Washington, and stopped at his master's, and there took sick. And how the Indian chief told him to go to the woods and get him a certain "yarb;" and how he got it, and made the chief some tea of it; and that the Indian was soon on his legs again, and off to Washington; and added, "When I have been sick since, I have drinked the tea of that same yarb."

But we are not shut up to the more unintelligent class, in our survey of the supposed efficacy of Indian remedies. Hawthorne tells us, in his "Scarlet Letter," how that Dr. Demmpsdale studied medicine in England till he had devoured all the medical libraries there, and then went to Germany and took in what Germany could give him; and not yet satisfied, betook himself to the wilds of America, and dwelt with her tribes of Indians for years, to find out from them some occult virtues contained in their roots and herbs. And even after he went to Boston, he was often seen on the adjacent hills, searching for roots and plants, wherewith to add to his store of remedies to restore

to health again the sick and ailing. But lest what has been said to have transpired in the seventeenth century, should appear antiquated, we will refer to Helen Jackson's "Aunt Ri," in "Ramona," where Aunt Ri brought Ramona, almost from the jaws of death, as she sunk at the awful scene of the shooting of Alessandro, her husband, first to consciousness, and afterward to complete health, through the efficacy of a certain herb, its use being persisted in for a long time.

ANALYSIS OF TOBACCO.

We may regard ourselves as fortunate, especially, the rising generation, in that we have all substances analyzed that we use, whether for food, drink or medicine. We know, or may know, just what we take into the stomach, as liquids or solids; what they are in their elements, and just what processes they pass through in order that the wastes of the system may be replenished and the system built up, if it needs building up. Bones, muscles, tissues, and cellular substances, together with the brain and nervous system, have to be daily and hourly supplied with material,— in the young for waste and growth, and in the old for waste. Some substances are especially adapted to make bone, others muscle, and others still to make brain, etc. Some articles of food and drink damage the working machinery of life, and when the machinery works badly, it is called functional derangement, as when the organs of secretion or absorption are caused to take on abnormal action. Some articles taken into the stomach as medicines, or remedies,

have a specific action on one physical organ, and other medicines on another.

It has been no small part of the work of the medical fraternity, for centuries past, to discover the adaptation of remedies, vegetable and mineral, to the different organs of the body. Some things that are used allay irritation, and some create it. Some articles excite the stomach, and cause nausea and vomiting, while others tend to stop vomiting. So it is with the entire track of the alimentary canal. It may by medicines be put in motion, or its motion by medicines may be staid. Again some medicines act on the upper part of the bowels, others on the lower. A class of medicines, called sudorifics, may be given to throw certain substances in the system to the surface of the body, others to act on the heart, and still others to act on the kidneys and liver, and so on to every part of the system. The physician to whom is intrusted, in a certain sense, so great responsibility, — the guardian of life and health, to no small extent, — should be both wise and good. His field of research is ample; the vegetable and animal kingdoms, the physical constitution of man, its wonderful physiologcal action in health, its pathology in disease, the action of all remedies on the sick and ailing that come before him in all their multifarious forms. The careful observation of all these is the special work of the physician. The wonder is that any man should dare to assume such grave responsibilities!

The human system is a wonderful machine. And no person is in better business than when he is learning about this machine, and how to manage and

regulate it. We all own this valuable machine, a thousand times more complicated than any steam engine, and ten thousand times more valuable to us than any steam engine would be. The engineer, entrusted with an engine, studies it in all its parts, keeps it clean and polished, and sees that it is supplied with fuel, water, and oil, well adapted to its needs. It takes money and care to run an engine; but it costs far more of care, at least, to run this wonderful machine of ours that is freighted with what is almost infinitely more precious to us, than the work can be that is accomplished by any steam engine. The mind, the thinking part, that the body — the machine — carries, is absolutely above price. And the two, the body and mind, are so linked together, that the one, in its sphere, cannot rise much higher than the other. The sick man cannot do mental work. How often do we shut all company from the sick-room, lest the sick in it should be injured in mind, and the body, sympathizing with the mind, should be made worse! Every school-boy, or young student, can call to mind the time when, after the loss of sleep, or unusual exercise or exposure, the mind was unfitted for study or good class-work.

It has been found by analyizing the tobacco plant, that the active principles, or properties, are found mostly in the leaf; hence, the leaf only is used; and in giving the analysis we give what is found in the leaf only. The results of analysis have been given by hundreds, and by all they are substantially the same. If there are any variations, they can be accounted for by the fact that the plant was taken at different stages of maturity, or climatic influences

had caused such variations. According to Johnson's cyclopedia, ten thousand parts of green leaves, contain six parts of nicotine, one of nicotianine, 287 of bitter extractive, 174 of gum, 27.7 of green resin, 26 of albumen, 104.8 of a substance analagus to gluten, 51 of malic acid, 12 of malate of ammonia, 20.6 of potash salts, 40.6 of lime salts, 8.8 of silica, 496.9 of lignine, and 88.7 of Water. Appleton's Cyclopedia gives the results of analysis, which vary a little, but are substantially the same.

Dr. Richardson says, "When we analyze the leaf of tobacco, we get nicotine, albumen, a gum, a resin, malic and citric acids, and an amount of inorganic constituents in which are found potash, lime and silica." In a physiological and medical point of view, he says the analysis of the smoke is far more important. I give, in brief, the analysis of the smoke. First, an amount of watery vapor; second, a small amount of free carbon. "It is this carbon that settles on the throat, and on the lining membranes of the bronchial tubes." Third, a certain amount of ammonia, "which bites the tongue after long smoking, and also makes the throat dry, and excites a desire for water, and ultimately for strong drink." Ammonia also, he says, "has a deleterious effect on the blood." Fourth, "carbonic acid is always found in the smoke, which produces headache, sleepiness and lassitude." Fifth, a product is found in the smoke, having an "oily appearance, and posssessing poisonous qualities, and on further examination there is found a fluid substance, nicotine, and a volatile substance having an empyreumatic odor; also an extract, of a black resinous character and a biting taste."

The same author goes on to say that the "tremor, palpitation, and paralysis which ensue after long and excessive smoking are due to the nicotine, which is a virulent poison." The peculiar smell is derived from the empyreumatic substance, and the exceedingly nauseous, sharp taste to the bitter extract. It would be but just, however, to Dr. Richardson, to say that he regards these effects as mainly functional rather than organic. But we shall see that causes that for a long time produce functional derangement may in time affect the organic structures themselves.

Nicotine, as Mr. Richardson says, is a virulent poison, and the most active property contained in tobacco, one drop being sufficient to kill a dog.

One writer says that if the poison contained in a single cigar was concentrated, and taken into the stomach of a man, it would be sufficient to kill him. Another says that the vapor arising from one drop of the oil obtained from the distillation of tobacco has been sufficient to kill a bird. Fontana made experiments by inserting a little of the oil of distilled tobacco into the muscles of pigeons, and the result was death in from two to five minutes. He drew a thread that had been dipped in the oil, through the leg of a pigeon, with the same result. Mr. Brodie applied the oil of tobacco to the tongue of a cat, which caused death, but not so quickly as when inserted into the flesh. One drop of the same oil put into an ounce and a half of mucilage, and thrown into the rectum of a dog, caused spasms, and a repetition of the dose produced death. The green leaves of tobacco applied to a denuded surface on the human body have been known to result in death, or

very serious injury. Many instances stand on record of the kind, but I will refer to but one. A lady had a daughter who had a denuded spot on her head. She called a physician; he was none other than the renowned Dr. Mussey of New Hampshire, afterward of Cincinnati, Ohio. She asked him if it would be safe to apply tobacco leaves to allay the pain? He told her that it would be very hazardous. But after he was gone the pain was so intense that the mother applied the leaves. It was but a few minutes, however, before the lady had to call the doctor back and tell him what she had done. The girl apparently lay between life and death for several days, and for several years suffered from the severe shock to the nervous system, though administered by a kind mother. We could fill any number of pages with recorded instances where tobacco in different forms has been tried on animals, and occasionally by the ignorant on the human system, all of which abundantly show that it is a deadly poison and not adapted to the use of man, nor should it ever be administered even to beasts.

EARLY OPPOSITION TO THE USE OF TOBACCO.

The opposition to the introduction of tobacco, both into Europe and Asia, was very great. We have already referred to Raleigh's having presented it to Queen Elizabeth, and that it made her sick, and that she revenged her sickness on the Countess of Nottingham and her maids. Not satisfied with that, she forbade its use to her subjects. In her edict against it, she called it a demoralizing vice, tending to reduce her subjects to the condition of the savages

whose habits they imitated. The next sovereign, James I, wrote a famous book against tobacco, called, "Counterblast to Tobacco." He said that "smoking was loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and that the fumes of it came nearest to the horrible smoke of the Stygian pit that is bottomless." Everybody thought that his counterblast would put an end to smoking in England, but it did not. Pope Urban VIII, issued a bull excommunicating all who smoked. Amurath IV, of Turkey, proclaimed the death penalty against it in 1625, but few were put to death. In Constantinople, however, one caught smoking was conducted through the streets with a pipe passed through his nose. The Grand Duke of Moscow prohibited tobacco under penalty of chastisement for the first offence, and the second was death. The Emperor of Persia prohibited the entrance of tobacco into all his provinces. In some places those found snuffing tobacco had their nose slit. Severe penalties were affixed to the law prohibiting the use of tobacco everywhere, but still the habit of using it grew and prevailed. Within a very few years King John of Abyssinia has issued an edict, that if any of his subjects snuffed their noses should be cut off, and the penalty against chewing and smoking was death.

INQUIRY INTO THE CAUSE OF THE USE OF TOBACCO.

We do not have to go far to find the true cause of the prevalence of the use of tobacco. All who have observed its action on the human system agree that tobacco is sedative when used in small quantities, but when used in large quantities produces giddiness,

faintness, nausea, vomiting, purging and death. Man likes to be relieved of care and anxiety. It is a boon to us when we can feel relief from pressure. Responsibility is of itself burdensome, and we wish to be relieved of it. There are two ways of escaping responsibility. One, and the true one, is to do the thing that needs to be done. The other is to shut off the sense of responsibility, and that is done by a narcotic. If we observe carefully, we shall find that in all conditions in life in which we may be placed there are responsibilities resting upon us, perhaps not equally great every hour, but every passing hour brings its duty. The performance of the duty brings relief, but if not performed, we still seek relief; and it is, to a wonderful extent, found in the use of tobacco to blunt the sensibilities; though many a one who does it, is not sensible of doing it for that purpose. I have in my mind an array of instances that have come under my observation within the last thirty or forty years, illustrative of this very fact, the want of the feeling of responsibility through the use of tobacco. One man whom I knew, lost nearly one third of a large stock of cattle one winter, which I considered due largely to the fact that he kept himself narcotized with tobacco. He both chewed and smoked. His house from morning till bed-time, was full of the fumes of tobacco. I was told by one of his hired men, that when he told him that one of his horses was very sick he went to the horse-barn, opened the door and looked in, saying he guessed he was not very sick, and went back into the house to take another smoke. There is a wonderful fascination about tobacco when once a person is brought

under its influence. He can then neglect almost any duty. The reality of this fascination can hardly be expressed in words. A little boy who had been going stealthily to the liquor jug in the harvest field said to his little sister that he did not drink it because it tasted so good but because it made him *feel* so good. That is just what boys and men too use tobacco for, because it makes them feel so good. And tobacco far more than liquor, and opium, it is said, far more than tobacco. There is a difference, however, between the good feeling that follows the drinking of liquor and the good feeling that follows the quid or the pipe. This can be seen also more clearly by an illustration than by a simple declaration. At a gathering where liquor was passed freely, a boy, say fifteen, whom I knew well, and who was usually very quiet, after he had drank freely, began to walk through the crowd of boys that were gathered at one side, and to tell them how he could wrestle, and took hold of one and then another, to show his strength. Had he been a little older and a little drunker, perhaps he would have told how he was the best man on the ground, and tried to have proved it, as I have seen many men do when they were in liquor. But never have I seen a boy or a man under the influence of tobacco get an inspiration to wrestle or to fight. Tobacco does not act in that way. So far from it, that when I once said to an almost incessant smoker that I did not know but his pipe would injure him in the end, he turned on me and asked if I ever knew a man to take the pipe out of his mouth to fight or strike a man? Tobacco does not do that sort of a thing. But it puts a man in a state of quietus, which

often unfits him for the duty that calls for special exertion. The Indians felt this influence long before they saw Columbus or any of his crew, and would sit through the hours of the live-long day, smoking the twisted-up leaves of the tobacco plant, by lighting one end at the fire, and then drawing lustily with their mouths at the other. We will quote the words of the historian. "While lying off Cuba, in 1492, Columbus sent two men ashore to reconnoitre. They reported on their return, among other things, that they saw naked savages twist large leaves together, light one end at the fire, and smoke like devils." There is a wonderful fascination wrought in the mind by the use of tobacco, in whatever way it may be used, whether it be chewed, smoked, snuffed, dipped,* or drunk as an infusion.† If a man or woman wants to throw off responsibility and be relieved of care, let him or her use tobacco freely, and the object will be accomplished. I met a woman, about a year since, who thirty years ago was a member of my congregation, and a communicant in the church. Refering to her former life and growth in christian graces, she spoke of her former indulgence in the pipe and said that she now wondered how she ever could have done it. "But," said she, "everything went well with

*Dipping is another way of using tobacco which has prevailed to some extent in this country, chiefly among the women. It consists in dipping a small brush, usually a bit of wood, broomed up at one end, in snuff or powdered tobacco, and applying it to the mucus membrane of the mouth. It excites the whole nervous system. It has been said that some resort to dipping when they want to appear at their best in society. I think the habit has never prevailed extensively and is not as common now as it was twenty years ago.

†About the close of the fifteenth century the habit of drinking an infusion of tobacco, prevailed to such an extent in Shah Abbas' dominions that he annexed severe penalties to it, but his subjects rather than stop its use flew to the mountains.

me when I had my pipe, whatever might have been the condition of my house. By the grace of God, that habit is conquered." I intend further on, to dwell at greater length on the evils attending the use of tobacco; I am now only speaking of the wide and rapid spread of its use, in the face of all opposition. It was due to the fascinating influence, an illusion. A sense of ease and security, when there was no security. What is sometimes called the "smoker's paradise." I have often seen the brute creation expose themselves to danger, that they might enjoy the genial rays of the sun. The huntsman understands this, and in winter often seeks his game on the sunny-side of the hill. Once, when a boy, in early spring in passing a large stump, I spied a great black snake basking in the sun. In getting a stick to kill him I saw another, just as large and quite as happy. I then looked for more, but not finding them, I engaged in the work of destroying the two. As I have seen boys by the way-side or standing at the corners of the streets with lighted cigars, I have often thought of the two large black snakes that ventured out in early spring to enjoy the sun. The analogy holds no further than the danger of it is concerned; the analogy stops there. The sun's rays are full of health and vigor, but the fumes of tobacco are full of danger. Satan never struck a better line of policy to advance his cause and extend the lines of his kingdom, than when he induced men, and even boys, to use tobacco. Herein lies the prime cause of the rapid and wide-spread use of tobacco; viz., that it allures its votaries into a state of insensibility to their real danger.

THE INTRODUCTION OF TOBACCO INTO THE LEVANT AND THE EAST.

We are told that the early Genoese and Venetian traders introduced tobacco into the Levant, and thus it spread into Turkey, Arabia, Persia, and the whole of Asia. As we have said, Sir Walter Raleigh carried it into England, and the infamous Catherine de Medicis, known as the instigator of the massacre of Protestants on St. Batholomew's day, introduced it into France and complimented it as the "Queen's herb."

I said that the first effect of tobacco, in small quantities, is sedative, in larger doses that it produces giddiness, nausea, vomiting, purging, and death. I was well acquainted with a boy eighteen or nineteen years old, who had learned to smoke vehemently, and he told his companions that he could smoke out two pipefuls of tobacco in so many minutes. One was appointed to fill the pipes, and the smoking commenced. He had smoked out one pipeful and begun on another, when the chair on which he was sitting began to whirl, and he fell upon the floor, vomiting most freely. Probably the vomiting saved his life. Had he been a novitiate at the pipe, he would have been giddy or nauseated, turned pale, and perhaps a clammy sweat would have come out on him before vomiting, But with a veteran smoker all goes well with him till he gets more poison than he can stand. It is the economy of life to throw off a poison. I have seen feed given to birds with poison in it and they would be unable to fly, or even to flutter, but if they vomited they were sure to recover. My son, seven or eight years old,

was about a threshing machine where one of the hands gave him some tobacco, telling him it was good. The boy put it in his mouth and chewed it as he saw others do. He went to the house so pale that his mother said she never expected to see him so pale again till she saw him in his coffin. He was desperately sick. A short time ago I saw three lads sitting on the sidewalk of a back street. One was holding in his hand a lighted cigar, and another stump of a cigar was lying on the ground near them. One was very pale and undoubtedly sick, and all three looked as I have seen young dogs look when they had been scolded. I have heard people say that from the first tobacco did not sicken them, and I can believe it. Their parents, one or both, used it, and their constitutions were depraved, it may be; or, from their birth they had breathed the fumes of tobacco, and taken tobacco in through the pores of the skin, so that it may be said they were narcotized, though they never put a quid in their mouths or drew a whiff at a pipe. When a mother with a babe a month old always takes the pipe in her mouth when she takes the little one on her lap to nurse it, and the father as he dandles it on his knee does it with the pipe in *his* mouth, or his mouth filled with tobacco, is not that child sufficiently inured to tobacco to himself smoke or chew without being sick? And then, I have known parents to teach their little children, but two or three years old, to light their pipe, thinking it looked cute in the little things to light the pipe and carry it to the parent. Such parents usually do not know that tobacco hurts them, or surely they would not amuse their children

in this way. These parents know that they are not easy long at a time without their tobacco, and that is all that they know or think about it. I have heard it said that Indian children are not sickened by tobacco. The child of an Indian will sicken with tobacco just as quickly as one of any other nationality. Heredity holds with the American Indian as it does with all other people. As a rule, the greater the number of generations you count back, in any vice or virtue, the deeper the taint of vice, or the stronger the constitutional habit for good becomes. During the times we have read of in history, when the path to the throne was often strewn with human skulls, it has been said that certain kings, or heirs to the throne, would use the more common poisons, beginning with little, as they could stand them, and increasing gradually, so as to inure themselves to poisons as a safeguard against being taken off by them. But a few months ago one of my daughters wrote me that Mr. A. B., whom I once knew, had just died. She said that the doctors could not agree as to what ailed him, and they held a post-mortem examination, and then agreed that he died through the excessive use of tobacco. His weekly allowance was four pounds, and he could not get along with less. I cite this to show how much poison the human system can endure before it will yield to a foe. This was a large man years ago when I knew him, and represented good health. I have studied much and made many inquires of the uses of tobacco, to learn as to the strength of the habit, and how long it takes for the habit to become firmly fixed. Some get sick only a few times. And it

takes others a long time before they can take a good smoke without making themselves sick. In chewing the beginner can gauge the amount taken into the mouth, and thus avoid extreme sickness.

I think in smoking I have discovered from the reports of others, that if one smokes so as to become very sick once or twice, the system breaks into, or yields to, the habit more readily than when the process is managed in a more gradual manner. To become master of the pipe or equal to a lusty quid, in some crowds is considered quite an accomplishment. I have heard many men, turned in their thirties or forties, say that in their boyish days they thought they could never be men till they learned to chew and smoke. And I have known many farmer's boys, of sixteen, in riding or walking to the neighboring village after supper, to fancy that it would add dignity to their person to light a cigar or a pipe, when they had worked eight or ten hours in the field without gracing their person once with a single smoke. Thus many of our boys acquire the habit of using tobacco under the mistaken notion that it will help them on to manhood, or add some little to their personal appearance in society or on the street. I remember a boy — perhaps I should say man, for he was grown — who said in our house, not with shame but with the air of a gentleman, that he would rather do without his bread than without his tobacco. Notwithstanding he was a promising youth, none of his companions more so, he did not in after time take the place in society that it was predicted he would; nor was his counsel sought, or was he intrusted with responsible offices; and, when a little past forty, he

died an embecile in body and mind. I have always thought that by that early and inveterate habit of using tobacco he was shorn of honor, if not of long life. It is a fact beyond all doubt that if a person begins the use of tobacco early in life it injures him more than it does if his system is fully matured before he begins. I met a man not long since who, by his own confession, had been in the habit of both chewing and smoking a great deal. He had sailed on the large lakes many years; hailed from the state of New York, and is now nearly sixty. Some three years ago my son was called to him as a physician. He was about ready to "pass over," or for the insane asylum, my son could not tell exactly which. He had driven his wife from his home, and no person was comfortable where he was. My son told him that he could do nothing for him unless he would quit his tobacco. He promised to give up smoking but said that he could not live unless he had a little tobacco in his mouth. About a year ago he told me he expected to die with a quid in his mouth, though he said he did not chew half what he used to. He told me that he was twenty-five before he used any tobacco at all. If I see a man who is advanced in years and using a great deal of tobacco, I find, as a general rule, that he did not commence the habit young. A boy of sixteen last winter was crushed nearly to death by the cars. One hand, arm, and shoulder had much of the flesh raked off and several bones broken. The following July he was just able to walk a little, but kept his hand in a sling. I saw him one day about that time with a pipe in his mouth. I told him that I did not know as the pipe

was just the best thing for him in his condition. He said he guessed it would n't hurt him, that his grandfather had used tobacco all his life and was hale and hearty. Just as the young man and I had dropped our conversation the grandfather came along. I said to him, "Mr. S., we have just been handling your name in this present company." He replied, "I hope it is for no bad purpose." I told him that his grandson had referred to him as one who had used tobacco all his life, and was a stout old man. "Yes," said he, "but I should have been a better man if I had never used any." He had told me before that he was thirty before he ever used tobacco at all.

There is no one fact better established than that tobacco is injurious to children. It injures their growth, their intellect, and their morals. The French soldiers are smaller now than they were a century ago. It has been accounted for otherwise than from tobacco, but I think now hardly anybody would hesitate to say that tobacco has had much to do with the necessity of twice having to cut down the size of the regimental suits. The soldiers in the Turkish army are said to be inferior in size and valor to the soldiers of their neighboring nations, and the causes assigned are tobacco and opium. When my mind is called to the subject of tobacco injuring children, a certain boy that I knew about forty years ago always pictures himself before my mind. He was the son of a grocery keeper in southern Illinois, (groceries in those days were liquor establishments, much the same as saloons are now). I knew him for six years. He wore a stove-pipe hat like a man, but he had not the physical strength or intellect of a boy

twelve years old. The community said that it was tobacco that stunted him ; and he looked as though he had been steeped in it from his cradle.

On the subject of the injury of tobacco on the intellect, I shall, in its proper place, introduce the testimony of educators in this country as well as in various countries of Europe.

The expense of tobacco when taken in connection with the injury that it does to the physical system, and especially to the mental and moral man, would hardly seem worthy to be mentioned ; but expense is often indissolubly connected with the intellectual and moral man. When the money has been expended for tobacco which should have been expended for tuition and books, or as is often the case, the child has no suitable clothes to go to school, what does it mean but mental dwarfage that will follow the child into manhood or womanhood and through life ? Or, when the same child and for the same reason is kept from Sunday-school and church what does it mean but robbing the child of moral and religious training, and shutting him or her in all after life from the highest enjoyment that this life knows anything about ? This is not mere sentimentalism but is occurring through the length and breadth of our land continually. Or let us shade the picture a little differently. And to do it I will cite the reader a case that actually came under my own observation. A young physician wedded the one of his choice. He set up practice in a village thirty miles from the previous home of his bride. After a lapse of two years the wife's sister went to help do some sewing for the mother and babe. She staid ten days and went home

without the needed garments being made up. The reason (putting it mildly) was that the physician could not make collections to get the material for the garments. A very few days after this occurrence a friend of mine rode half a day with the physician, and during the ride he smoked three cigars. How long would it have taken this young physician had he pleased to shut off his cigar bill to have bought all the fabrics needed to make the necessary garments for the mother and babe? Six five-cent cigars a day would in a week be two dollars and ten cents; in one month nine dollars; enough perhaps to buy all the cloth that would be necessary for the proposed garments.

We will now change the shading of the picture a little by the aid of imagination but keep it true to life. Had this physician moved five hundred miles from the father of his wife instead of thirty, and five years had elapsed, what would have been more natural than that the mother should want to return on a visit to the old hearthstone to see her parents, show the two prattling babes to their grandparents, have a few days rest from family cares, and see the friends of her girlhood? Well, she might have done it but for the inevitable cigar! now it is impossible. One tithe of the cigar money at the rate of six five-cent cigars a day would have sent her home like a queen, and given light and joy to all the household and the neighbors too for miles around. But it has all gone up in "smoke."

It is not the cost of the cigar that I wish to represent. It is the comfort, the happiness, the mental and moral good that is lost through the cigar that I wish to emphasize. We may put the tobacco problem

in a little different light, for it will bear as many shades of light as the chameleon, and all be true. We have seen substantially the following statistics taken in different towns and in different states. The money expended for tobacco, as nearly as could be estimated, was put in one column, and that expended for the support of schools and churches in opposite columns, and the balance struck. I need not say that the footing of the tobacco column exceeded both the others. A man of my acquaintance in Minnesota but a few years ago instituted such an inquiry in several counties with all the accuracy at his command and the results were surprising. Some of our religious newspapers have given publicity to occurrences of this kind.

A certain man, A. B., feeling that the cause of benevolence in the church lagged, came to the conclusion that he would give weekly the same sum to benevolence that he had heretofore expended on tobacco. Should this rule be adopted generally our church reports on benevolences instead of being characterized by laments would be an inspiration to songs of hallelujah!

We have in many of our western and north-western states what is regarded as an excellent statute, viz.: the setting apart of one thirty-sixth part of every township for school purposes. There are few parents or children whose hearts have not been made glad because the sixteenth section of each township was held sacred to the education of the children living in the township. Not a little has been said of late about getting an educational bill through Congress, appropriating a certain number of millions of dollars

for education, to be distributed among the states according to the illiteracy. The more illiterate the state the greater the appropriation. The measure is receiving the best thought of our best men, and I am glad of it. But if some at present unseen power could turn the money that is now worse than wasted on tobacco into some educational channel, would it not be better, far better, for education than all the sixteenth sections and all the educational bills Congress could devise?

A friend of mine spent several years about New York City. She was a music teacher and taught in private families. She told me that a gentleman of her acquaintance asked her what she thought his cigar bill was a year? Failing to set it high enough, he said it was three hundred dollars. Hon. Neal Dow, of Maine, has given to the public the results of a conversation that he had with two young men, students I think they were, who used tobacco. Among other questions he asked them how much they spent a day on cigars? One said fifty cents, the other seventy-five. Mr. Dow then made the estimate of how much they would have spent, taking the larger amount to compute from, and reckoning at compound interest, at the end of ten, twenty, thirty, forty, and fifty years, should they live so long. The sums in round numbers were $3,000, $9,000, $21,000, $40,000, and $76,000, respectively. He then asked them if they could afford it? In his peculiar style, he told them it would be a "mighty clog hung to their leg to drag along through life." I would add that few men would be able to drag it. Some few can do it for a few years, but very few can do it for a

long succession of years. To make this statement more apparent I will ask the reader to call to mind the per cent of business men who fail sometime during their business career.

For the last sixty years (I can remember distinctly that long) the estimate has been from fifty to eighty per cent, some estimates even higher than that. With some of these, to say the least, if they had saved the cigar money that slipped through their fingers, it would have saved them at the very nick of time when they went down. Many failures in small establishments could have been tided over a stress in the money supply, with a few hundreds, or at least, two or three thousands. And how many have spent that sum for cigars, and hardly knew that they were spending at all! I read but a short time ago the following incident in a man's life. He was a business man in a city of less than a hundred thousand inhabitants. Early in his business life, his attention was called to the expense of his cigars. He knew that the cigars were doing him no good and if persisted in might do him harm ; so he said to himself, I will stop smoking, and at the end of each week drop into the savings bank the amount he usually spent in cigars. Time passed on year after year, and as regularly as Saturday night came the cigar money was deposited in the savings bank. His children grew up around him, but the amount in the bank grew also. One summer when the heat was very intense he took the children for a few days to a relatives in the country. On returning to the city, one of the children said, " Papa, I wish we could always live in the country." The merchant on the next day exam-

ined his account in the savings bank and found enough to purchase a modest little house but a few miles from the city limits. How many houses for laboring men and business men, too, might be bought by saving the littles that pass so imperceptibly, but surely, from the pockets of those who use tobacco? I take great interest in the destruction of the saloon as a means of advancing the anti-poverty condition of society; and as an additional aid to the prosperity of that society I would suggest to all laboring people to adopt total abstinence from the use of tobacco. It would help on the cause mightily.

Estimates have often been made of the cost of tobacco on a large scale. In Blackwood's magazine the entire crop in all the tobacco growing countries in the world was computed at four thousand million pounds annually. Calling it worth but twenty-five cents a pound it would be a thousand millions of dollars thrown away, that feeds no one, clothes no one, shelters no one, but produces untold misery. The cost of tobacco by some has been put in another way. We give just the summing up, which is, that in one generation, thirty-three years, it would be a million million dollars; and in a century would amount to more than all the valuation in the world. Some one has estimated the liquor drunk in the United States at $900,000,000, tobacco used at $600,000,000, bread stuff at $505,000,000, meat $303,000,000. This is a bad showing and points to want, misery, and degradation. Under the head of the expense of tobacco I will close as I began, by saying that it is not the cost mainly, that we are looking at, nor would we even mention it, did it not take away our comforts, our

means of mental and moral improvement, and as we are going to show, often militating against our health. It seems to touch our well-being on every side.

It is not even a luxury. A luxury is an expensive good: that which we can use to bring pleasure without injury; such as fruits from the tropics or from some distant clime, such as you can learn your infant child to eat with impunity. I wish we were all able to enjoy luxuries; they never nauseate. Some luxuries may not be equally prized by all, but no luxury is universally rejected till the system is brought into a morbid state, as is the case with tobacco. I have tried to show how that the price of a cigar meant the want of a spool of thread to the wife; the price of a week's supply of tobacco meant the want of a pair of shoes to one of the children, or to the mother a plain kitchen dress. I have not lived all these years, and most of them on the frontier, without seeing want and inquiring how it came, and if there was no way by which it might be remedied? And I will here say that it may be that the boy of to-day without a fortune may find it quite as difficult to work his way up to competency as did the boy of a quarter century ago. I fear it will be harder; hence, I would recommend to the rising generation carefulness in expenditures—not in necessary things but in unnecessary. To those of limited means, because they may experience want themselves, and to those possessing more means because there are so many calls where what they may be able to spare will relieve a sufferer or help on a good cause.

TOBACCO INJURIOUS.

To find out the properties of tobacco we go to the chemist. To find out its effects on the human system we, more naturally go to the physician. And here I may say that in the courseof my education I enjoyed the privilege of attendinga full course of medical lectures, and embraced it, though not with the view of practicing medicine as a profession. In addition to this I have two sons physicians, so that I may say that my associates for the last fifty years, to some extent, have been in the medical fraternity. But for this fact it is not probable that my attention would have been called to such an extent to the evils resulting to the human family from tobacco. But here I am met at the very threshold of our inquiry as to the injury tobacco is doing, to the human family by the question that if tobacco is doing so much injury, why is it that so many physicians use it? There are two or three answers to this legitimate question. One is, that most of the physicians who use tobacco learned to use it before they studied medicine, when they were boys, and when the habit was once formed they had not will-power enough to stop.

Another is that some physicians, as well as multitudes of others who use tobacco, do not know that it hurts them, or at least to any considerable extent. Another reason still, which includes, no doubt, some physicians as well as a good many others, is that tobacco is such a deceiver, that while it is daily robbing them of health they fancy it is doing them an essential good. They feel uneasy without it, and when they resort to it they feel better, and so life

goes, endured through the use of tobacco. Such physicians can not only use it themselves, but recommend it to their patients. A friend of mine went to a physician of some eminence to get some medical advise. This man knew that he was using a good deal of tobacco but did not dream that it was his tobacco that was killing him. The physician told him at once that it was his tobacco that was ailing him and nothing else. The man stopped his tobacco and got well. This doctor I knew and he was an inveterate user of tobacco himself. There are many such physicians who know that tobacco hurts others if they are not willing to stop its use themselves. Others who use tobacco know that it is a positive injury to them, but the habit is so firmly fixed they think it is no use to try to break it up. I once had in my church a deacon past the meridian of life, who was particularly devoted to his pipe. He was a good man and I enjoyed his society much. One day I took the liberty to inveigh against his pipe very heavily, and when I had got through he sat a minute with a pleasant smile on his face, and then said with great earnestness, "That is all *true*, Mr. Hunt, and *more*," emphasizing the *true* and *more*, but added, "I suppose I shall patronize it as long as I live." He knew he was a bound slave to tobacco, and acknowledged it.

The problem, whether alcohol is food was discussed in years not long since passed, perhaps the discussion is not ended yet. But the discussion was never had whether tobacco is food or not. Everybody knows that tobacco is not food. A ship's crew or an army put on half-rations, if given a little tobacco will not

feel the demands of hunger as much as if no tobacco was given. But in all such cases, those who use tobacco lose flesh just as fast and become weak just as quick as those who do not use it. All the tobacco does in that case is that it stops the cry of hunger, at least partially. I could refer to hundreds who have told me that tobacco hurt them, but I once knew one man to whom I particularly want to refer. He was an inventor, an experimenter. Go about his house or his barn, or anywhere upon his farm, and you would see signs of his experiments and inventions. He was about fifty years old when I knew him, and had formerly used tobacco but given it up. He told me that he had experimented with it in his own case till he knew its effects on the system. He said that he would use it a week and then stop a week, then use it every other day, use a little, and then use more, use it at light work and then at heavy work, such as pitching hay for a week at a time. He was one of those men whose will enabled him to do whatever he undertook. I talked with him a number of times on the subject, and he said he was fully satisfied that tobacco could do no one any good, usually did them much harm. I am living, at this writing, but a few doors from a man who tells me that in his younger days he used to use tobacco but gave it up years and years ago; and he said to me but the other day, that he had no doubt he had added at least ten years to his life by giving up tobacco.

As to whether tobacco can ever be administered as a remedy in any case, there have been diverse opinions. It is certain that tobacco given in sickening doses (usually as an infusion) quickly and powerfully re-

laxes the system, hence, it has been supposed by some that it might be used in case of strangulated hernia, tetanus, or in case of a badly luxated joint. I have never known that it was ever used in any of these cases with success. Some ten years ago I wrote to one of my old professors, a man of great experience in surgery, asking if he had ever prescribed tobacco as a remedy. He replied emphatically, "No." I have heard some men say that they began using tobacco for tooth-ache. It may, when the nerve of the tooth is exposed, deaden the pain a little for the time, but is no cure, or permanent relief, and often has been the means of fixing the habit on the one who tried it. I was not a little amused once as I was in company with a minister, a doctor, and a druggist, and listened to the reasons they gave why they happened to get into the habit of smoking. I will pass over the reasons that two gave, but shall not easily forget the reason the third, the druggist, gave. It was, as he said, to cure putrid sore lips. I asked him if it cured them? He said it did. I then asked him if he stopped the remedy when the disease was cured? The next day we met but he did not speak.

There is another kind or species of evidence that I have already more than hinted at, which I wish I could more forcibly impress upon the young reader's mind. It is that state of body and mind into which the tobacco user is brought, that in another place I described as the "smoker's paradise." I knew a man thirty years ago who used tobacco. Last year I met him again for the first time for many years. I saw he had given up his tobacco. And he told me about his last smoke. He said he had been trying to quit

a long time, dallying along, quitting a few days and then beginning again, till at last he had occasion to go to a village some eight miles away. He had then been quit a little longer than usual, and when he got into town and smelt the tobacco aroma he said that his soul was all on fire for a smoke. He did his business as quick as he could, got a good supply of cigars and started home. That, he said, was the happiest eight-mile ride that he ever had. It was "heaven" to him to use his own expression; not a twinge of pain, no uneasiness, no care or anxiety. Such is the smoker's paradise! But it has a hereafter. Dr. Solly, surgeon of St. Thomas Hospital, in a public lecture says of smoking, "It is a snare and delusion. It sooths the excited nervous system at the time, to render it the more irritable and feeble afterward." No one has ever noticed the ways of an habitual user of tobacco without observing that when he is deprived of his usual allowance he is cross and irritable.

When quite a boy I remember one morning having heard Jo say to Robert, "I hate to go to the woods with you to-day, for you are out of tobacco. Neither the oxen nor I will have any comfort." If dumb brutes should be permited in another world to get on the witness stand and tell of their unmerited blows, and farm implements should be there and given a tongue to tell the tale of the manner they were misused and broken, I doubt whether tobacco would like to be there, too, to reply to its impeachments. Mr. and Mrs. B. were members of my church and well respected in the community. Once Mrs. B. said to me that when George (the husband) was out of tobacco she was very willing that one of the children

should go and get him some. The store was two miles away. I called there one day and the father was not at home. A little girl, five or six years old, told me that an older brother came near getting whipped that morning. I asked her what he had done that was naughty. She said that he could n't keep the colt back when father went off. I learned afterward that the father's tobacco wallet was empty that morning. The reader must not infer that Mr. B. was naturally cross and irritable. He was naturally mild and considerate in speech. I have known many a loving wife excuse a hasty or a harsh word because the husband had run short in his rations of tobacco. I have also seen many a careful mother, doubly careful that the little ones did nothing to irritate the father when the tobacco supply ran low. To my mind there is no surer evidence that tobacco is injurious than the transports that men have who use it to any considerable extent, and then the ill temper, and sometimes absolute horror that follows, on being deprived of it. The nerves are quieted, but only for a short time, to be aroused again with greater fury when the soothing effect dies out. The paradise is soon gone, as is evinced by the effort to keep up the supply. Some men are seldom without tobacco in their mouths, only when they are eating, from the time they rise in the morning till they go to bed at night.

I have been asked often which was the more injurious smoking or chewing? I have always tried to avoid an answer to this question, because either is so injurious that it hardly seems possible that the other should be worse. Smoking has this advantage,

that it is more inconvenient to keep it up all the time. Otherwise, I would say that smoking is more injurious. I think also the analysis of the tobacco smoke may lead to that conclusion, but I am not positive even of that. I have in my mind many instances in which the use of tobacco has proved the ruin of bright prospects early in life. In some instances it has been the procuring cause of disease that resulted in premature death. In others it has stifled all laudable ambition to rise in the world to a condition of ordinary comfort and respectability; and in some few cases midnight darkness has fallen on christian and ministerial character. Of some of these instances I shall speak under different heads, but I wish here to speak of one instance that came under my observation near twenty years ago. I became acquainted with I. D. the first winter I was in Minnesota. He was a religious man, and honored in the church. He soon moved quite a distance from where I first formed his acquaintance, and took charge of a custom mill. While engaged in that mill I met him once at a religious meeting. I saw him no more till I meet him in Mankato in the month of June. It must have been five years from the time of our first acquaintance till I met him in Mankato. At our last interview he told me of a very long and distressing sickness that he had had the winter before. He was in bed from September till spring. He called it brain fever. His nerves he said, were all shattered to pieces, and he attributed his sickness largely to tobacco. He said that he was aware that he was using too much, especially of nights. In a custom mill, in the early days of Minnesota, the

miller knew little difference between night and day, only by the darkness. When he got sleepy he said he roused up with more tobacco. The greatest sadness of his sickness, and what he deplored most was, he said, that he was so cross and irritable. He said that he was a great trial to his wife and all who took care of him. So well aware was he of the cause of his sickness that he promised the Lord that if he ever got up from that bed of sickness he would use no more tobacco. Toward spring as he began to get better, his craving for tobacco came upon him like an armed man. He said that he would dream that he had taken a chew and it would frighten him so that he would jump in his sleep from the bed to the floor to find that it was a dream. When I saw him in June the desire for tobacco was just the same. He died a year or two afterward, but whether he returned to his tobacco I never learned.

TESTIMONY OF EDUCATORS AS REGARDS THE USE OF TOBACCO.

Under this head of course I shall have to depend wholly on the testimony of others. But if anything can be proven by testimony, I think the reader will see that no student should use tobacco. Mr. Albert Sims, of Ontario, than whom few are better authority on the tobacco question, says, "Its use fearfully impairs the memory." Dr. Gorgas says, "Tobacco impairs the ability to concentrate the mind on study." At the Annapolis naval school there was an order to prohibit the use of tobacco to the cadets. After a time the order was rescinded because some of the teachers used it; but it was plainly discernable

that the work among the cadets was less satisfactory after the rescinding of the order than before. The men at the head of the drawing department give testimony showing that neither the hand or the eye was as accurate among users of tobacco as among those who did not use it. Observations in gunnery also show a marked difference between those who use tobacco and those who do not. A report of the U. S. Naval Academy at Annapolis enumerates the following as results of the use of tobacco in that school, viz: "Functional derangement of the digestion, circulatory, and nervous systems, manifested in head-ache, confusion of intellect, loss of memory, impaired power of attention, lassitude, in disposition to muscular effort, nausia, want of appetite, dyspepsia, palpitation, tremulousness, disturbed sleep, and impaired vision." And the report concludes by saying, "Any of which above symptoms materially lessens the capacity for study and application." The board then, as in confirmation of the report, says that the "regulations against tobacco in any form cannot be too stringent." It has been recommended by the board of visitors, and also by the directors of West Point Military Academy that the use of tobacco be prohibited among the cadets.

We see then, that in the two great schools to which we are to look to furnish the patriots to defend our nation, both on sea and land, the use of tobacco by the students is altogether discouraged, as detrimental to the work of their education. Ex-Senator Doolittle in addressing the graduating class in the law department at the University of Wisconsin, used the following language: "I verily believe that the

mental force, power of labor and endurance, in our profession is decreased twenty-five per cent by the use of tobacco. Its poisonous and narcotic effects reduce the power of vital action and lessen the working force of the system, in my judgment, to that extent." During the last year I saw it stated in a Chicago paper that Dr. White, senior professor of physical science in the University of Pennsylvania, issued an order forbidding the use of tobacco in any form. He says that "careful observation has convinced him that its use is injurious to the health of students, interferes with their habits of study," and "backed up by the faculty," he proposes to break up the habit altogether. The late President of Williams College, Mark Hopkins, thus expressed himself to a graduating class, "I desire to express to you my convictions that the use of narcotics on the brain is not consistent with the fullest consecration of your bodies as the temple of God. Men may do it in ignorance, but more light on the subject will reveal its incompatibility with full consecration and sweep it away. I know that strong men in this respect have been bound in fetters of brass and cast down from high places. Some have been utterly prostrated, and others found premature graves; and this process is going on continually. Let me say to you therefore, and especially those of you who expect to enter the ministry, that services which are the product of a narcotic are services to a god of strange fire.

It has been stated in some of our journals that the students of Cornell University have almost entirely abandoned the use of tobacco. At Oberlin College no student is allowed to use tobacco, and the examlpe

of the professors is in beautiful harmony therewith. I have statements relating to many colleges of our land, touching what I would call their worst enemy, tobacco. I doubt whether there is a college in our land that does not try to keep tobacco off its college grounds. That the use of tobacco greatly militates against the object we have in view in sustaining our schools of learning is strongly hinted at by the oft-repeated assertion that for fifty years no inveterate user of tobacco has carried off the first prize at "Old Harvard." Nor will the reader wonder when I have spoken of the schools of France and England in relation to tobacco. And yet the United States uses, in proportion to her inhabitants, more tobacco than either France or England. But I should not leave the States and cross the waters, without mentioning our Carlton, concerning which I ought to know more than of any other college, having had children there stretching over the entire period of its existence to the present, 1887. The fight with tobacco here at Carlton has been, at times, quite fierce. And I doubt if any of the faculty knows more of the raging of the battle than I do. When I have heard some of the students (not of my own household) say, "The faculty may as well give it up . . . the boys will smoke." But (to their praise) they didn't give it up. One of the faculty (of the "finer mold") once said to me, "We have long smellers and lynx eyes, we know pretty well the boy that smokes."

In France in 1862, Napoleon III, learning that paralysis and insanity had increased with the increase of the revenue on tobacco, ordered an examination of the schools and colleges, and found that the average

standing both in scholarship and morals was lower with those who used tobacco than with those who did not, he issued an edict, forbidding its use in all the national schools.

After France became a republic the minister of public instruction finding from the reports of professors in scientific and other schools, that the grade of students who did not use tobacco was higher than of those who did, and that the scholarship of those using it was constantly lowering, issued a circular to the teachers in both colleges, and other schools, forbidding tobacco as being injurious to the physical and intellectual development. French physicians and prominent men of science agree that tobacco is detrimental to intellectual and moral attainments, and are also thoroughly convinced that it sows the seed of many diseases. It is asserted by a member of the Paris Academy of Medicine, that statistics show that in nearly the exact ratio with the increased consumption of tobacco is the increase of those diseases which are so intimately connected with the great nervous centers, insanity, general paralysis, paraplegia, and certain cancerous affections. Professor Lizers enumerates a fearful catalogue of diseases which he proves to be the result of tobacco, and then adds, "It is painful to contemplate how many promising youths must be stunted in their growth and enfeebled in their minds before they arrive at maturity," I could go on and give an array of details in regard to the injury tobacco has been doing in the public schools in England as well as in France, only with this difference, that the testimony would rather be from professors and teachers,

whereas, in France the testimony came not only from professors and teachers, but also from the Emperor and the minister of public instruction; but in effect it would be but going over the same ground. I prefer, therefore, to turn our attention to the influence of tobacco on children in *general.*

TOBACCO MORE INJURIOUS TO CHILDREN THAN TO OLDER PERSONS.

Youth is more impressible from extraneous influences than those of maturer years. This truth is not new, but was borne witness to more than two thousand years ago, and has been verified in every age since. But before I enter upon it in relation to tobacco, or more properly tobacco's relation to it, I wish again to refer to the inheriting of the tobacco diathesis. I refered to the same thing when I said that the child of a North American Indian, or the child born of and nursed by a mother that used tobacco, might not be sick when it first began to use it. I wish on this point to be fully understood, and also to back up my views by the views and testimony of others. I quote here from Dr. Richardson. He says, "If tobacco users should marry only tobacco users we would see in a generation or two a different progeny, even in physical organism and development." He adds, however, that we will not be likely to verify the principle in actual life, as so few women use tobacco. I have known a boy for more than ten years who has many singular habits, one of which is his great passion for tobacco. I have often thought, would this boy have been the same if neither of his parents had used tobacco? A case

stands on record of a man in New Hampshire who is always buried in a cloud of tobacco smoke. He is said to know little or care little only for his tobacco. In the notice that I saw of him it was stated that he had a child that would actually scrape up the ashes that had been knocked from a pipe and eat them. Dr. Richardson concludes his article to which I refer with these impressive lines: "The parent who is addicted to the use of tobacco must transmit to his child elements of a distempered body and an irate mind, a deranged condition of organic atoms, which elevate the animal nature at the expense of the moral and intellectual." Another leading physician in one of our large cities says, "I have never known an habitual tobacco user whose children, born to him after he had long used it, did not have deranged nervous symptoms, and sometimes evidently weak minds." I have now said all that it would seem necessary to say as to the hereditary nature of the use of tobacco.

Investigations in France have fully established the fact that physical and mental weakness follow the use of tobacco by boys, and that the younger the boys when they begin to use it the worse the effect. We have already refered to the action taken in relation to the use of tobacco at the Naval Academy at Annapolis. This order, says one who knew, "was based purely on the ground of its injury to the physical and mental powers of growing boys." Dr. William Hammond says, "There is evidence to show that tobacco, in young persons, interferes with development of body in regard to size, that it stunts the growth." A physician of large practice and

great experience, said "Cigarette smoking has greatly increased in the last ten years, and it is injurious to everybody." Then he goes on to enumerate some of its effects: "Facial neuralgia, insomnia, nervous dyspepsia, sciatica, and an indisposition to mental exertion," and adds, "in all these respects the effect is much greater on the young then on older persons." Dr. Tracy, of the New York Board of Health, some years ago put on record some facts concerning the effects of tobacco, in all of which he showed that it was very desirable to keep the young from the use of it altogether. One writer says, "If to-day a census could be taken of all the boys who smoke, it would surprise, and ought to distress, our American people, for it is a thing that has to do with social, moral and political degeneracy."

Dr. G. Ceisne, a French physician, made an examination of thirty-eight boys from nine to fifteen years old who used tobacco. In twenty-two there was a marked disturbance of the circulation of the blood with palpitation of the heart; the work of digestion was badly performed, intellect impaired, and craving for alcoholic stimulants. In thirteen of this number the pulse was intermittent. In eight analyses of the blood showed a decrease in the red globules. Twelve of them suffered from nose bleed; ten complained of disturbed sleep and nightmare; four had ulcerated mouths, and one contracted consumption. These effects the doctor believed to be due to the use of tobacco at this tender age. The younger children showed more marked symptoms of disease than the older, and the better fed did not suffer as much as the poorer fed. Eleven of the boys were induced t

leave off its use, and in six months they were restored to health.

Dr. Gorgas says that the use of tobacco in youth is always excessive, no matter how small the quantity. We quote his own words: "The effect of tobacco is depressing upon growth by diminishing the forces concerned in tissue changes. It affects the heart and disturbs the muscular co-ordinate power, and lessens the ability to concentrate the mind." He enumerates among the demonstrable evils resulting, "head-ache impaired vision, dyspepsia, and want of symmetrical physical development." He also in this connection, speaks of what is sometimes called the "tobacco heart." I may also here refer to the language of a physician of the Royal Eye Infirmary of England in a convention of teachers. He affirmed that paralysis of the optic nerve, and other diseases of the eye, were directly caused by the use of tobacco. Educators and physicians have had their attention turned to this devastating evil more particularly than any other class of men, ministers of the gospel not excepted.

Physicians, although many of them using it themselves, have been obliged to look at the subject whether they would or not, and as a class they are not wanting in philanthropy. But it is to educators in an especial manner that we are to look for observation and protestation against its use, till it is banished from all our schools of learning of every grade. While it has been observed that the use of tobacco interferes with what is called class-work, by lessening the power of concentration and injuriously affecting the memory, still there is another marked evil superinduced, which the observant and faithful

teacher notices in his pupil that uses tobacco that far out weighs all others, and that is that it destroys the will-power, which is the basis of character. Show me a boy or man having lost his will-power, and I will show you a person without character. He may be stubborn or wilful, but he has no character. He will drift with the surrounding flood-wood, but he cannot stem the tide. Without will-power he is like a ship at sea without a rudder. I make the assertion which I will ask any teacher in any grade of school who chances to read these lines, to prove false by observation if he can, viz: That A. B. or C. D., who uses tobacco, sinks more rapidly in character than he does in scholarship. He may be the boy of eight or ten, in the district school, who slyly slips a small quid into his mouth while the school-dame's back is turned, or he may be the freshman or the sophomore in college; but one thing is certain, if he is losing in scholarship he is losing faster in character. His will-power is slipping from him, which it will be hard to regain.

I will not stop to use words to try to explain how this loss of will-power comes about through the use of tobacco; I will only say, that educators both in this country and in France, England, and Germany have noticed the fact, and when they have spoken of tobacco's evil effects on the intellect, they have not failed also to speak of its evil effects upon morals. One writer says on this subject of tobacco destroying the will-power, "besides its direct effect on the impaired physical vigor, there is another view of it not enough considered, it injures the power of choice, self-control, interferes with self-restraint and self-

respect." "Will-power," he goes on to say, "is the greatest power beneath the sun," and then adds, "free action of the will is more than a theological doctrine," and concludes by saying, "it is the reserve power and hope of manhood, that which decides individual character and destiny in social as well as all other relations in life."

And yet again I will quote from another author: "Through the effect of tobacco, the *pluck*, the *stamina*, the *true grit* of life is lost, and its devotee succumbs to masteries that are ignoble." All this we have seen in untold instances. Let a boy wander out from his father's house of a pleasant summer's eve and meet a few boys in the neighboring village, and he will have to smoke a cigar with them but a few times, till the cigar will have a wonderful fascination for him. The father will wonder why James, who was always a home boy, is now out so much of nights? What wonderful power has wrought this change in him? It is a cigar. Once, if he had met his associates on the street, it would have been a pleasant "How do you do?" and James would have gone on, done his business, and returned home. But it is so no longer. The meeting of a friend and the shake of the hand means a resort to the cigar stand, and communion together with the orgies of tobacco smoke for half an hour, or perchance for an hour. (It is said that it takes an hour to narcotize a veteran smoker.) Tobacco fumes beget irresolution and lead on, in various ways, to frames and states of mind little in accord with the actual duties which every individual should be prepared to meet in after life.

TOBACCO LEADS TO DECEPTION.

A man with whom I was well acquainted told me that when he was a boy at school he learned to use tobacco by littles. That the school boys would give at first a little, and then a little more.

One Saturday, he said, when there was no school, he went with his father to the barn to do some work. His part of the work was to wheel some material from the barn to another place. While out with the barrow he would chew his tobacco, but while in with his father he managed to conceal it. But soon he got very sick and deathly pale. The father was greatly alarmed and would have sent for the doctor but the boy fearing the real cause of the sickness would be discovered by the doctor, told his father that he would be better soon. In this way he kept the father ignorant of the cause of the sickness; and he said it was a long time before his father knew that he used the weed at all. This was a poor way for a boy to begin life, even if we consider nothing but the habit of deceiving aside from the harm that the article does on the physical constitution and the intellectual faculties. But I have a case to relate worse than this, and I won't relate it quite as bad as it really was. A man told me that when he went to see the girl whom he afterward married, that he was careful to see that there was no scent of tobacco with him, that he aired and brushed his clothes, turning all the pockets, and made it sure that he would carry no aroma of tobacco with him. He told me this some six or eight years after he was married, not as being a mean trick that he did, but rather as being an evidence of his sagacity and discretion. The

reader may judge of the real character of this act. Should I ask one half of the human family, I am quite sure what kind of an answer I should get. Having been a neighbor to this man several years I could bring against him no charge of disrespect or want of attention to his wife. They were poor, and if he had given the money to her that he spent in tobacco she could have used it to advantage.

TOBACCO INJURIOUS TO SELF-CONTROL.

Under the head of tobacco injurious to the young, we have already touched upon this subject, but there is more that ought to be said on it; hence, I make this distinct heading. Until I was nearly thirty years old I thought it was unnecessary and foolish to use tobacco. I called it an expensive and dirty habit, and also thought that those who used it could very easily stop it if they would. I shall never forget the time when a man told me that it was far more difficult for him to stop his tobacco than his liquor. I was a student at Lane Seminary and was going into the city to attend one of those rousing Washingtonian temperance meetings that Dr. Lyman Beecher took so much interest in. Just as I reached the highway from the seminary building, in the darkness of the evening, I heard the footsteps of a man on the newly macadamized road.

Of course we both spoke; and as we were both going to the temperance meeting, it was natural that the conversation should turn on the liquor question. He told me that he had been a hard drinker, but had entirely left his cups. I asked him if he found it hard to do so? He said he did, but not so hard as it

was to give up his tobacco. That was the first time that I got a conception of the power of tobacco over any man. I had known of the power of liquor, and known many to sign the pledge and break it. From my childhood up I had seen drunkards, and knew that it was hard for them to stop drinking, but that it was harder to stop the use of tobacco, I had never dreamed of it. From experience I cannot commiserate those who are slaves, bound hand and foot, by the power of tobacco. But for half a century I have been told by great numbers of the fetters of iron with which they were bound.

Early in my ministry in Southern Illinois I met a physician who hailed from Massachusetts. He had once studied for the ministry, but finally picked up a pair of saddle-bags and went to practicing medicine. The common diseases of the country he managed very well, and in many respects was a nice man, but he was wedded to his idol, tobacco. He told me many times of his bondage to it, and how he would throw his tobacco-box as far as he could send it, and the next day, perhaps, go and hunt it up. Once, he said, that after riding all day and coming home at night, while sitting by the fire before going to bed and thinking how foolish and contemptible it was to chew and spit and spit and chew, making himself worse than a brute, he threw all the tobacco that he had into the stove and went to bed; but the next day, he said, he went off and bought some more. When I knew him he said he had no power to stop. I suppose he never did. He died many years ago. His is but the history of many tens of thousands. Meta Lander tells us of a physician who said that he would give

$500 to be free from the use of tobacco; but said that he was bound with fetters that he could not break. He also died shortly afterward. There stands on record the following confession of a noble young man. I will transcribe it in the very language he wrote it down: "I had recently married a young and charming woman. Not many days had elapsed after we were married till my wife asked imploringly if I could not give up my tobacco for her sake? 'Yes, my dear,' I said, 'I can do anything that isn't wrong for your sake.' So I entered upon my renunciation and in twenty-four hours was thoroughly convinced of my enslavement. Oh! how my nervous system suffered from the want of its draught of poison. I had the most violent headache and blindness, equal to that which I endured when I first commenced its use. Such complete prostration of my physical powers and depression of mind, I hope never to be called upon to endure again. My blood plunged through my veins as if it were sea-surge. I saw all invisible things that were ugly and demon-like, devils in the shape of old women, haggard and witch-like, danced before me. No power of will, no voice of conscience was competent to my deliverance. The love of my wife, which I thought all conquering, sunk into nothingness. I saw nothing, thought nothing, felt nothing, but the overpowering desire for tobacco. For three long months this process of resolving and falling went on, every successive fall being deeper than the preceeding, till at length, being compelled to leave home for a few days, I called on an arm stronger than man's that I might return to my wife delivered from the power of

tobacco. From that hour to this that poison has not passed my lips." Many I think have trusted in that arm that is stronger than man's and been delivered when they have gone to him as their only source of deliverance.

I met a minister of the gospel a year or two ago who had been an inveterate user of tobacco. His ministry, as I had heard, had been greatly marred on that account. When I saw him he was thoroughly reformed, and few in the conference where I met him, seemed more engaged in christian work. Reference was made at the meeting once or twice to his former enslavement, and I heard him say to a brother minister, I will come and tell your people how I broke the fetters, perhaps it will help others to do the same.

I will mention under this head but one other case, and that is of a minister. Most of the story shall be in his own language. He was labored with in the seminary to give up his smoking, but he thought he could be a successful minister and still use tobacco. But after some years of trial he finally gave it up. He says, "I indulged in it till I was thoroughly convinced that it was deleterious to health, befogging to the intellect, and stultifying to the sensibilities." He said that some part of the injunctions of Holy Writ he could not comply with and use tobacco. "If meat make my brother offend," etc. He knew that smoking offended some of the brethren, even some out of the church. He said that he wanted to preach on the duty of self-denial but his pipe forbade. He felt it his duty to preach on temperance, but wherein was the consistency? He knew he ought to preach on benevolence, saving the littles and

giving for Christ's sake, but his cigar-bill stared him in the face. He wanted to pray daily that God would cleanse his heart from all sin, and keep him even from the appearance of evil, but was there no appearance of evil in smoking? His people wanted he should visit them, but his breath and his clothes told the tale that he smoked. Much more he said in his confession after he had given up his smoking, but the above is sufficient. It takes no great theologian, nor even a man of great logical powers to see that smoking or chewing does not become a minister of the gospel. If a minister of the gospel has gone so far in the use of tobacco that he cannot stop, would it not be better that he should come down from the pulpit and lay off his clerical garments?

MINISTERS AND CHURCHES ARE BANISHING TOBACCO.

Rev. Ebenezer Hill, preached in my native town, Mason, N. H., upward of fifty years. He was settled in 1790, twenty years before I was born, and was highly revered as a man and minister of the gospel. From my first remembrance till I left town he used tobacco. On a visit, some ten years after I left town, I rode with him to attend a conference in a neighboring town. I then observed that he did not use tobacco as he used to and mentioned it to him. The story of his quitting, as he related it to me, would be subject-matter for a very readable anti-tobacco tract, but I will only say that he made the complete discovery that tobacco was injurious to him personally, and inconsistent with the doctrines he preached, and brought reproach upon all professing christians who used it. I recently visited Bond

County, Ill., where I once resided twelve years. On my visit back there I met two ministers of the gospel with whom I was acquainted when I lived there, one a little my junior in years, the other nine years my senior. Both of these men once used tobacco, but when I went back both had quit, feeling that it was inconsistent with christian character and especially with those who should be examples in holy living. I found two of the former members of the church, who, when I was their pastor, were strongly wedded to their tobacco; but when I went back I found them delivered from their thraldom, and rejoicing in their deliverance. I found a strong sentiment against tobacco in the Methodist Episcopal church in that county, and in the F. M. church; it is rare that you find either minister or layman that has anything to do with tobacco. In talking with one of the members of the F. M. church on the subject, his remark was, "If you find one of our members that uses tobacco you may count on him as bogus."

Some ten years ago, or more, George F. Pentecost was in London and Mr. Spurgeon asked him to make some remarks at one of his meetings. In doing so Mr. Pentecost gave a little running sketch of his religious life, and among other events of his life, spoke of the time when he felt it his duty to give up his tobacco; and that by doing so he obtained new spiritual enjoyment. As soon as Mr. Pentecost had closed his remarks, Mr. Spurgeon rose and said, in substance, as follows: "We have not at this day any new gospel, ours is the same gospel that Christ delivered to us, and neither did he or any of the Apostles say anything against the use of tobacco. I

mean to-night to smoke a good Havana to the glory of God." Since that time Mr. Spurgeon has been presented a carriage by his church. There was neatly and artistically fitted in it, right at his hand, a place for his bible, his hymn-book and his cigar-box, as the newspapers stated. While Mr. Cook says that America uses more than twice as much tobacco, per capita, as England does, and we get some of our strongest testimonials against the use of tobacco from eminent physicians and educators of England, yet I doubt if the public sentiment of the church, state, or dissenting, is as far advanced on the tobacco question in England as it is in America. In one of the late numbers of the "Homiletic Review," a reviewer of Mr. Spurgeon who gives him no stinted praise as a preacher, refers to the time, not very remote in the past, when Mr. Spurgeon spoke not altogether in mild terms of those who were outspoken in condemnation of ministers who drank their light wines. But this reviewer said that now Mr. Spurgeon is radically reformed on that subject, and I sincerely hope that he is not too old to be recorded among tobacco reformers at no distant day. There are none of us, who have measured half our three score and ten, but can remember well when Mr. Spurgeon's argument in favor of tobacco was very common in the church in favor of *wines* and even *stronger drinks.* But it is not common to find such persons in the church now.

T. DeWitt Talmage has lately said that it once with him took six cigars to write a sermon, but now he is a very bitter enemy of tobacco. But perhaps the records of organized church bodies carry with

them more weight than individual testimony. The Baptist church in Minnesota, in 1882, passed strong resolutions against the use of tobacco. I have not a copy of them before me now, but noted at the time that they gave no uncertain sound. Some few years ago the New York State Congregational Association "Resolved that the tobacco habit is an enormous evil, and on account of its waste of money, as well as positive injury to health and pernicious example to young christians, ought to be abandoned." A second resolution says, "This association earnestly recommends to all the churches thorough measures for instructing the people as to the manifold mischiefs flowing from the use of narcotic drugs as well as drinks, and that special efforts be made to guard children and youth from any and every use of tobacco." The Methodist Episcopal church has not only made many deliverances, thoroughly good, touching the evils arising from the use of tobacco, but their views stand engraven in their "doctrines and discipline." We will quote two of their resolutions. "Resolved, that we advise all our ministers and members to abstain from the use of tobacco as injurious to both soul and body." "Resolved that we recommend to the annual conferences to require candidates for admission to be free from the habit, as hurtful to their acceptability and usefulness among our people." The utterances of the English Wesleyans are still more pronounced against tobacco than the Methodist Episcopal church.

THE WORK OF REFORM BUT JUST BEGUN.

While we hail with great joy the awakening of the church to the evils growing out of the use of tobacco,

the work is only begun. Perhaps not half the church realize that tobacco is any particular hindrance to the prosperity of the church. A few facts will show that this is the case. Bishop Harris of the Methodist Episcopal church in Massachusetts said not long ago, that it was his opinion that his church expended more money for tobacco than it gave for the conversion of the world. A certain pastor made the following statement: That, "by the people of his charge eight hundred and forty-one dollars were paid for all religious purposes, missions and all, while sixty-seven of the members of his church for the same length of time expended eight hundred and forty-five dollars for tobacco." Again in a certain town in New England, where the people felt too poor to support the gospel but half the time, the three stores in the place sold in one year four and a half tons of tobacco. Or yet again, in a certain western town where the estimate could be made pretty accurately, it was stated that three thousand and ninety-eight dollars were paid for tobacco, and two thousand seven hundred and twelve were expended for the support of churches and schools.

A Baptist missionary who went to India, finding how hard it was to get money to support missions, induced the converted Indians to stop using tobacco and give the same amount of money that they had been spending for tobacco to the support of missions. Should all the pastors in christian lands be able to do that, the treasury for foreign missions would be overflowing. As it is, the gifts, both to foreign and home missions, ill compare with what is expended for tobacco. The A. B. F. M. has repre-

sented on a monument consisting of blocks, graded in size from the base up, the money that is paid for various commodities used by the American people, viz.: those of the United States. The article for which the most money is spent is printed on the lowest block, the next largest expenditure on the second smaller block, and so on till they get to the topmost block, on which is written all the money that is given in the United States for foreign and home missions. The calculation was made from the census and reliable reports of the year 1880, and is approximately correct. We give a few of the figures, beginning at the base block of the monument and going up regularly as far as we go. On the first block we find $900,000,000 paid for liquor, on the second $600,000,000 paid for tobacco, on the third $505,000,000 paid for bread stuff, on the fourth 303,000,000 paid for meat. We will not follow the monument any further, only to speak of the amount written on the topmost block, which represents what is given to foreign and home missions, which is $5,500,000 dollars. As we are not dealing in this work with anything primarily but the tobacco question, we will give the comparison in the expense of missions, home and foreign, with the expense in tobacco. It stands as one to one hundred and nine; that is, as often as the United States gives one cent to foreign or home missions, she pays out one dollar and nine cents for tobacco. We presume the above is substantially true. The American Board would not publish it if it were not. The fact certainly points to the need of a tobacco reform.

OBSTACLES IN THE WAY OF AN IMMEDIATE REFORM.

As I have said before, the fascination that seizes the individual as soon as he has fairly got to using tobacco is the principal reason why the user does not quit. Expense, inconvenience, filthiness of the habit, the fact that it is offensive to others, and many other reasons, one or all, would stop any decent or reasonable man from using tobacco, if it were not for that unaccountable fascination. If a man should eat of any foreign fruits, pineapples, bananas or figs, and it was told him on good authority that they were injurious, he would find no difficulty in stopping their use at once. The reason is that none of them have any particular fascination like tobacco. Who ever heard of a strong man being put in such a state that he could not rest and be comfortable without a pineapple, banana or a fig? No one. If a man is particularly fond of what we call delicacies, in the way of fruit of any particular kind, it does not distract him if he does not get that same kind, he can take some other kind in its place; substitute peaches for pears, bananas for pineapples, or, perhaps, nuts for either. Not so with tobacco, it must be tobacco and nothing else. Tobacco has placed its user in such a state of body and mind, by what we call fascination, that nothing else will take its place. Nor does it take long, as we have already said, for it to beget that state of body and mind. Herein is the secret of this dreadful mischief. A boy thinks there can be no harm, certainly, in smoking a few whiffs, he never means to become an inveterate smoker, but he would like to be able to smoke a cigar with a friend. So

the habit is frequently begun without the least idea of ever becoming a slave to tobacco.

In another place I design to give woman credit for all she has done to stay this enormous evil, but here I will give one solitary instance (the only one I ever heard of) of a woman's persuading a man to smoke. She was a young wife and, of course, wanted her husband to appear to as good advantage as possible; so she said to him one day, "Mr. G., I do think it would be so nice if you could smoke with your friends when they come in to see you." But this is too bad to relate and I will try to "take off the curse" by writing along by the side of it another case which I was witness to. Mr. H. said in a pleasant mood to his wife, "Wife, when we get rich I mean to smoke just two cigars a day." With no less pleasant countenance, she replied, "Then, Milton, I hope we never shall be rich."

Another reason why it is so hard to inaugurate a tobacco reform, is that so many respectable men use it. If but what we call the lower class used it the situation would be altogether different. When we send our boys from home they are almost sure to meet well appearing men with pipes and cigars in their mouths. A few years ago I was on the cars with a traveling man, and observed that he did not use tobacco. So I asked him of his associates, traveling merchants, if they generally used tobacco. After a moment's pause, he said he could not recollect but one, beside himself, who did not use it. He said that he knew a good many who did not drink. We know that traveling men are placed under peculiar temptations in this respect, and are willing to believe

that a larger number of them use tobacco, than of those whose duties require them at home. The greater a man's respectability, if he has a fault or weakness, the worse is his influence touching that fault. If there is a very honorable merchant, one in whom the community can depend for fair dealing, and if he has a single fault he will be likely to have that fault imitated as well as his good qualities. Let the cashier of a bank, for instance, be upright, honest in the strictest sense of the word, let him deport himself like a gentleman in all his associations with other men, and especially if he bears the christian name, and happens to be even a very moderate smoker, he will by his silent example allure many a nice boy into the habit of smoking, when the low, vile man, in poor raiment and oaths in his mouth, would rather keep them from smoking than allure them to it.

I need not say that another reason why it is so hard to get up a tobacco reform, is that so many christians use it. That goes without saying. But I will say that but few christian ministers, comparatively use it in any form. I can count on the ends of my fingers all the ministers I know of who use tobacco. The two Sams, as they have been called, Sam Jones and Sam Small, will doubtless come into the reader's mind. Many know what was said in the papers about Sam Jones having given up his tobacco when holding his meetings in Chicago in the winter of 1885 and 1886. How far those newspaper reports deviated, if any, from the truth, I do not know. I have heard conflicting reports. The following summer a worthy Methodist minister told me that he

saw them, one with a cigar and the other with a cigarette in his mouth, in the lounge room at a camp-meeting. I fondly hope that by this time, the beginning of 1888, they have both smoked for the last time. I think that I see a need all through our land for preachers of the gospel who are bold to expose the wicked ways of the world, and especially as some of them are winked at by the church. I had thought, perhaps, God had called these men to a special service. If so, I trust he will fit them in the best way for that service, and I am sure it can not be done while they indulge in the use of tobacco.

Another special hindrance to the work of tobacco reform is, that so many who deal in general merchandize sell it. My cheeks crimson with shame as I write it, but I have never met but one man who kept general merchandise that did not keep tobacco also. A member of one of the churches that I preached to some years ago thought of putting in a stock of goods. He was a man who would have thought himself greatly injured if any one had intimated that he did not approach the highest ideal of a christian; but when I suggested to him that it might be a favorable time to let his influence be felt on the tobacco question (he did not use it himself), framed various excuses, and the tobacco went in. I knew another church member who kept general merchandise, and a user of tobacco, who said that he never sold it to a boy without giving him a lecture. If church members could be induced not to keep or sell any tobacco it would help on the tobacco reform more than all the tracts and books that have been published against it.

There is yet another difficulty in the way of urging on a tobacco reform which, perhaps, all the friends of reform even have not fully considered. I refer to the fact that our local papers will seldom publish an article against tobacco. Our large religious newspapers will occasionally insert an article against the use of tobacco, especially if it comes from a man of note. All journals, whether religious, secular, or scientific, expect to raise and keep up the character of their papers by the reputation of their contributors. Hence, a very worthless article from a man whose name is popular will find a place in our large papers, while a far more valuable article on the same subject will go straight to the waste-basket without being examined to see what its merits are. Men who are aiming at popularity don't care to take up their pen only on popular subjects, whatever may be the demand morally. They say, we cannot afford to sacrifice our reputation on an unpopular cause. So the average minister says concerning the tobacco question in all our pulpits. I shall lose the good will of my people if I preach against its use. That same minister may have gone to conference but the week before and voted with the majority in passing strong resolutions against the use of tobacco in any form. It is one thing to pass resolutions in a ministers' meeting, and quite another thing for a pastor to preach against tobacco when one half of his congregation use it. The same principle leads the editor of a local paper to shut out an article written against the use of tobacco, even if he does not use it himself. He knows that one half of his subscribers do, and if he frequently gives them anti-

tobacco literature it will soon mean a smaller subscription list, vitally affecting his purse.

More than twenty years ago I began to write articles against the use of tobacco. If I was acquainted with an editor and we were very friendly, perhaps I could get him to put an article into his paper once in a long while, but to think of keeping anything like an anti-tobacco sentiment before a community through our newspapers, at this stage of the work, is quite out of the question. Hence, the tobacco reform in its present incipient stages requires other means of carrying it on than what we can get through the pulpit and the press. I will close what I have to say as to the hindrances to the work of a tobacco reform by directing your attention to our law-makers. We certainly ought to be able to point to our members of Congress with pride and not with shame. Before commenting on them I will cite to you a report. The following report was made in the House in 1886: "A large percentage of the members of Congress use tobacco in all the various ways known to civilization. They are well supplied with cuspidors, two hundred and sixteen furnished at the expense of the citizens of the United States, yet they ignore them mostly, and use the perforations in the brass ventilators instead. The air in the hall at times is rendered extremely noxious. The matter has received the attention of your committee, and they reluctantly and mournfully confess their inability to devise any measures to put an end to it." Such was the report of Mr. O'Donnell of Michigan, chairman of the committee. Does any one find any encouragement in this report touching the question

of a tobacco reform? We should send our wisest and most unexceptionable men to Congress. Will the six or ten year old boy of today, who may chance in thirty or forty years to obtain a seat in either House of Congress, find a "large percentage" of Congressmen using tobacco in all the "various ways known to civilization?" We cannot say that we believe that in a third of a century there will be no tobacco used by any member of Congress; but we do believe this baneful habit is destined ere long to lose its prestige. It has recently been said in one of our congressional districts that a man could not be elected to Congress if he did not use tobacco. This expression doubtless was true in that particular congressional district. But it is susceptible of either of two constructions. First, that in the estimation of the people he was not fit for Congress if he did not use tobacco, or second, that the people's vote could be bought with a box of cigars. It was a maxim, in my childhood, that the darkest time of the night was just before day-light. May the adage be true in my old age in regard to tobacco.

INDICATIONS FAVORABLE TO TOBACCO REFORM.

We have just been placing before you some of the hindrances to reforming the community in regard to the use of tobacco. We now would like to know if there are any indications favoring a reform. I will mention a few. The first that I will mention is that there is more knowledge of the evil of its use today than there ever was before. Men, able to do so, have analyzed the tobacco plant thoroughly and given to the world the results of their examinations.

They have examined the leaf green and they have examined it in all its stages of curing, and in all the different modes of manufacture. They have even analyzed the smoke to find what there was in it. Having done this they have applied the active principles of tobacco to animals to see how they would affect brutes, whose lives are not as precious as lives of the human family. You will remember what was said about the oil of tobacco obtained by distillation; how even a thread dipped in it and drawn through the flesh of a bird killed it almost instantly, if applied to the tongue of a cat it died in a minute or two, and when two drops of this oil were put in mucilage and administered as an injection to a dog he died in a short time. Doctors don't like to experiment on their fellow men with anything where there is any danger, so they experiment on dumb animals. A very short time ago I read an account of a reputed remedy, and in order that there might be no mistake as to the action of that remedy it was first tried on a dog, and when its action was satisfactorily determined on the dog it was cautiously tried on human beings.

When I was a boy it used to be stated over and over again that ardent spirits killed thirty thousand people in the United States annually. But I don't think that within the last thirty years I ever heard it said publicly, that tobacco ever killed anybody. It had killed a great many people before that time, but people, generally, had not had their minds called to the fact, so as to have it a matter of comment. For about a quarter of a century I have had my mind called to the mortality that it seemed

to me was mainly due to tobacco. I will here cite an instance. Many years ago, on a very warm and cloudy morning, on the prairie I met a man trying to yoke up his oxen. I said to him, "Mr. K., what can you do this morning breaking prairie with all these mosquitoes?" He replied, "They don't touch me." I asked him why they didn't? He replied, "I s'pose its 'cause I'm saturated through and through with tobacco." Physicians have applied leeches to persons who used tobacco, and when they had filled themselves full of blood they would fall off dead. A physician in St. Giles says, "So thoroughly does smoking poison the blood that leeches are killed when they have sucked it." The soldiers who returned from the Mexican war to Williamson County, Ill., said that the Mexicans ate so much red pepper that it tinged their skin, and that ticks would not bite them, although in some localities they almost devoured our soldiers. The fair conclusion from these facts is that tobacco poisons the blood, and what we eat or drink may change the entire system either for good or bad, according to the quality of the article used. The fact was, in regard to the man whom the mosquitoes would not touch, I attended his funeral in a very few years; I think less than three. His case, with a good many others in many respects similar, has led me to say frequently that I believe, barring accident and violence, I have within twenty-five years attended more funerals where persons had come to a premature grave from the use of tobacco than from strong drink. I would not like to have any one infer from this averment of mine, that I think the commonly

accepted estimates of annual deaths from strong drink are above the actual facts. I fear they are below. Fifty and sixty years ago deaths from intemperance every year were estimated at thirty thousand. Now they are estimated at sixty thousand; and those from the use of tobacco twenty thousand. The mortality due to tobacco is becoming more apparent every year. Take the following incidents: At Dartmouth Park, England, an old wooden pipe was given to a child to blow soap-bubbles with, and although it had been washed clean, as the mother thought, the child drew in so much poison from the pipe that it died. Another child is mentioned that picked up a quid of tobacco from the floor, thinking it was a raisin, and swallowed it, dying the same day. An account is given of a man in Germany having been murdered in two minutes and a half by a few drops of nicotine. Another medical writer says "A very small quantity of nicotine introduced into the system, or even tobacco leaves moistened and laid over the stomach have suddenly extinguished life." Many such coming to light continually augur a tobacco reform.

DANGER MUST BE SEEN IN ORDER TO BE AVOIDED.

Even as late as ten years ago I thought there was little hope only to save the youth; but I find many adults now looking at the subject very differently from what they once did. A few months ago I met a lady, the owner of a drug store, and our conversation was turned on the subject of tobacco and the injury it was doing in the world. She told me of two persons in that town of about a thousand inhabitants who had

found that tobacco was killing them and had given it up. And I met two other men in that town, middle-aged men, who had used it but given it up; one because he found it hurt him; and the other because he did not think it comported with christian character. I was in a place not very long ago where I had not been for many years, and I was happily surprised to find so many people, some past the meridian of life, who formerly used tobacco had given it up. Many with whom I spoke on the subject said it was unchristian to use it; and two in that place said they should have died shortly if they had kept on using it. Wherever I go I find some tokens of a tobacco reform. We feel warranted in saying that in many places the community, the mass of the people, are beginning to look at this question; but especially the church. We look to the church mainly to be foremost in any reform. If the church takes a stand the world looks to that standard. Notwithstanding I have before referred to ecclesiastical bodies it is in place here to make further references. In North Eastern N.Y. an association passed resolutions in which its members manifested a want of confidence in ministers who used tobacco. Two N. E. churches not long since refused to accept students from a theological seminary because they used tobacco. The London Christian World, after referring to Spurgeon's case, used the following language: "We could earnestly wish that this pest, the tobacco martyrdom, was banished by all religious teachers; it is undoubtedly destruction both to body and soul." The utterances of the M. E. church everywhere are very decidedly against the use of tobacco. The Universalist church,

in one of their district conventions, not long since, sent a request up to the next general convention of that body asking it to refuse aid to all students in their theological schools who use tobacco, "believing such practice incompatible with the highest christian service."

At a collection for missions ten dollars were wrapped in a paper on which was written "For a minister who does not use tobacco." Writes a mother to her son, "I would as soon help support a saloon-keeper as a student who uses tobacco." An itinerant preacher was refused lodging by the mistress of a house because he used tobacco. On turning away he quoted the scripture, "Be not forgetful to entertain strangers; for thereby some have entertained angels unawares." "Yes," said the landlady "but they did not have tobacco in their mouths." A wealthy man some years ago wrote to Mr. Trask, saying to him, "I have been reading some of your works on tobacco; after you have converted your brother clergymen I will give you fifty dollars to convert the rest of the world." His offer to help convert "The rest of the world" would lose its sarcasm as applied to ministers today,—they are mostly converted. Trask is dead, but the cause he was engaged in lives.

Another encouraging sign that there is soon to be a rising tide of opposition to tobacco is, that its hygienic influence is beginning to be taught in our public schools. As the water-drops on the mountain's side find their way into rivulets, rivers and finally into the mighty ocean to bear the commerce of the world, so the wholesome truths taught in our common schools today will by and by be the great truths destined to

heal the woes of our nation. We already see the sentiment beginning to rise. In some cities and municipal towns there are police regulations forbidding the sale of tobacco to minors, or those under a certain age. Bills have also been introduced into several state legislatures with the view of protecting our young people from this insidious foe. And some papers also are speaking favorably of such bills.

MUCH IGNORANCE STILL PREVAILING.

I have spoken of a want of knowledge regarding the evils caused by the use of tobacco; it can hardly be pointed out too plainly. I once said to one of my neighbors who was using a great deal of tobacco that I was afraid it was injuring him. "No," he said with a great deal of positiveness, his constitution needed something of that kind. He went to the Insane Asylum soon afterward, and in a few years died of apoplexy. After his death I one day said to his son, who also used it, that I thought the great amount of tobacco that his father used might have had something to do with his death. But I immediately found that the son was willing to entertain no such view of the subject. Generation after generation has gone on, one after another, inflicting upon themselves the direst of evils from tobacco without even suspecting the cause. I don't think that one in ten of those who use tobacco think that it hurts them materially, and when they are dead their relatives and friends mourn their loss sincerely, but never dream of the cause of their death. A boy sixteen years old was found dead. The coroner's inquest over his body returned a verdict, "died from some mysterious

cause." The minister who attended the funeral, in consoling the weeping relations, repeated in his remarks the coroner's verdict "died from some mysterious cause." A neighboring woman who knew the boy's habit whispered at the grave, "tobacco."

Dr. William Parker, of undoubted authority, says persons who work in tobacco factories or those who either chew or smoke are more prone to apoplexy and paralysis than other persons. Dr. I. Paddock, physician to a dispensary in St. Giles, London, and Dr. Taylor, a noted English surgeon, agree that tobacco is a poison to the brain and heart, producing paralysis, apoplexy and heart disease. And yet in the past we find that some physicians prescribed it to their patients. Meta Lander mentions a man who had come to years of maturity without touching tobacco, but having been taken with whooping cough his physician recommended the pipe in paroxysms of coughing, and thus the habit of smoking was fixed on him. She also speaks of a young clergyman in very feeble health who was directed by his physician to try the pipe. He hesitated in doing it; the young doctor appealed to an old doctor, who said he thought the pipe would be good for the young clergyman, but the clergyman being a little obstinate, a third physician was consulted, who seriously objected to the pipe, giving his reasons. Finally the old doctor confessed that he had never given the subject much attention, but thought the pipe would be a good thing to divert his mind. And thus the clergyman was saved from smoking.

Ignorance lies at the foundation of every medical prescription of tobacco. More than once smoking

has been recommended in asthma. I have asked many troubled with it if smoking benefited them? And their testimony has been, no. If temporary relief was gained it was only a presage of severer attacks. A more extended knowledge of the mischief resulting from the use of tobacco is what the world stands in need of. This knowledge is attainable, but it is not yet wide-spread.

A few months ago there fell into my hands a prize essay written in England on tobacco. I was so well pleased with it that I noted, in the fewest words that I could, the author's entire arrangement of argument. Under some heads I state the hypothesis only that he goes on to prove. Under others I state his proposition and indicate what his argument is. I will give the merest outline that the thoughtful reader may see how he handles the subject.

1st. To use tobacco is unphysiological because no animal in a state of nature uses it.

2d. The first time man uses it it makes him sick. The first time a man eats a new kind of fruit he may not like it, but it does not make him sick.

3d. It is not a luxury. A luxury is an expensive good and tobacco cannot come under this head, for it causes more injury than it does good.

4th. In England we expend £12,000,000 annually for tobacco, for tobacco and its fixings, pipes, etc., £20,000,000.

5th. It is a dirty habit.

6th. It injures the teeth.

7th. It is disease producing. (a) It stops growth and causes ill forms. (b) In adults it blunts the sense of taste, smell and sight, and, indirectly, of hear-

ing and touch. (c) It causes sore throat. (d) It causes irregular action of the heart. (e) It injures digestion. (f) It shatters the nervous system, as seen in the trembling hand. (g) It takes away will-power and leads to indecision and doubt. (h) It makes a man dull and stupid rather than intelligent and bright. (i) It causes cancer in the stomach and on the under lip in smokers. (j) Wounds heal less readily on those who use tobacco than on those who do not. (k) It wastes time. (l) It leads to drinking. (m) It is a nervine depressant, and stimulants are desired and frequently indulged in as relief; hence they often become concomitants. Statistics show that users of tobacco who would refrain from their cups have not as active will-power to do it as those have who use no tobacco.

8th. It leads to loss of property by fires and also loss of lives. Ashes knocked from pipes and stumps of cigars cast away often make great conflagrations.

9th. Tobacco begets absence of mind and consequently leads to careless habits.

This synopsis of the essay brings to view many of the evils of tobacco ; some of which I have referred to and others I shall hereafter ; but one or two I may as well enlarge upon here, as I will have no more favorable opportunity. I have among my papers a long list of fires which were set by smokers, with the estimate losses. The Harpers lost at one time upward of two millions through the carelessness of a plumber. Another instance was, where the ashes knocked from one unfortunate pipe caused a fire that consumed six houses, several ships, and destroyed several lives. But we need not go to newspapers to

find proof of the sad consequences of loss by fire through the use of tobacco. One of my near neighbors, but three years ago lost his barn, hay and grain by the cast-away stump of a cigar. A lady of my congregation, some fifteen years ago, told me that she gave up her sitting-room to the threshers after dinner, as she was afraid to have them smoke about the barn and stockyard. I fell in company, some years ago, with a man who had made himself comfortably rich in the pineries of Minnesota. In our conversation I asked in regard to the fires in the pine woods that we read so much about. He told me that it was a rule with him to hire no one that used tobacco in any way; and if he found a hand using it he was immediately discharged. For several summers he said he had staid in the woods, raising such vegetables as mature quickly, such as potatoes, turnips and cabbage; and intended to till the last log was banked that was worth banking. The preservation of our fine forests is not only a matter of private interest, but is one of public and national interest as well; and it has no worse enemies than the pipe and cigar. Our essay says that tobacco makes a man dull and stupid rather than intelligent and bright.

Dr. Tracy says that beside the direct physical effect, tobacco injures the power of choice, self-control and self-respect. Speaking of our future hope of manhood, the same author says that tobacco not only has to do with individual character and destiny, but with social and national destiny also. I have in my possession a small tract published by Albert Simms, Ontario. Few men have studied the tobacco problem as thoroughly as he. I will quote a few

sentences from his work: "There are about 700,000 lunatics in America, more than 15,000 of them made insane by the use of tobacco." "The use of tobacco excites a thirst for strong drink. The statistics of Good Templars show that members of that order who break their pledge, are, at least seven-tenths of them, users of tobacco." "Tobacco injures and sometimes destroys sight." "It fearfully impairs the memory." "It injures hearing, frequently causing deafness." "Tobacco weakens all moral sensibilities." As evidence of this see prison statistics. With scarcely an exception, forgers, defaulters, and swindlers use tobacco; while 97 per cent of all male convicts first lose their freedom by the bondage of tobacco. "Tobacco is the twin-sister of alcoholic drinks, and by the insatiable thirst which it creates leads thousands to drunkenness."

"In the State prison at Auburn, N. Y., where 600 persons were confined for crimes committed when they were under the influence of strong drink, 500 of them testified that they began their intemperance by the use of tobacco."

"Tobacco harms the gums and teeth, producing cancer of the lower lip and tongue; causes many diseases, delirium tremens, palsy, and other frightful evils, killing not less than 20,000 every year." "It is the cause of many fires and other accidents, and is fearfully enslaving; also enfeebles the offspring of those who use it, and is forbidden by conscience and common sense." Mr. Simms then goes on and shows the amount of money expended every year for tobacco, more than half of which he says is consumed in America. His estimate of the cost falls

a little below the estimates of some, yet it seems large when he says "it would support all charitable institutions, feed and clothe the poor, and supply a thousand little comforts to the laboring class." In his conclusion he gives the amount spent by the man who smokes but one five-cent cigar a day. Reckoned at 7 per cent compound interest it would be in ten years $252.16; in twenty, $748.15; in thirty, $1,034.00. How many who feel the weight of poverty have worse than thrown away these sums on tobacco!

Many may be surprised to see delirium tremens enumerated among the evils resulting from the use of tobacco. I would not dare to state it in this work on one man's testimony, for I design to back up all I introduce by the best of testimony and enough of it. The following is what Dr. Abraham Spoor and other learned physicians say of this most terrible malady, delirium tremens. "It was formerly regarded as due alone to alcoholic drinks, but now it is largely ascribed to the exasperating influence of tobacco on the nervous system." Hon. Charles Steel, of Cowles County, Ill., who drank no liquor, said that he had a well-defined attack of delirium tremens from the use of tobacco, and had to give it up. Not a month ago, I was conversing with a man from Buffalo, N. Y., and he told of a man there who, as the physician said, had delerium tremens caused by tobacco. Very many of those whose testimony we have brought forward tell us that the use of tobacco leads to dyspepsia, yet we occasionally find one (of those who use tobacco) who tells us that he knows that his pipe or his quid helps his digestion.

Now, how is this? Are these eminent physicians wrong? or are these tobacco users mistaken? In illustration of what I suspect may be the delusion of these men who think that tobacco helps their digestion I will relate what occurred many years ago, when I was a boy. In a certain town in New England a temperance pledge was being circulated, and when it got round to the minister he hesitated about signing it, because nothing but new rum would stop the heart-burn, which he had every day. He first said he couldn't sign it and then he said, "I hate to withhold my name from a good cause," and he finally compromised by providing that if his heart burned too badly he might take a little for the heart-burn. The good old parson was faithful to his pledge. His heart burned very badly for a few days, but he endured it, and, as he said afterward, when the new rum was all out of him the heart-burn went with it. On the night I heard this good minister relate this experience of his I put my name to the temperance pledge. He was the minister in my native town, and dear to me as a father.

I once knew a woman who used to have a great deal of trouble with her stomach, her food didn't digest well, and she resorted to the pipe a good deal, and thought she couldn't get along without it. I saw her not very long since and found she did not smoke any more. I asked her about her dyspeptic troubles, "Well," said she, "after I left off my smoking I had less trouble with my stomach, and I am as well now as anybody."

This thing of smoking for dyspepsia is easily understood when we look at it right. There is nothing

more physiologically certain than that either chewing or smoking impairs digestion. To use tobacco in either way excites the salivary glands and causes them to pour out saliva which is spit away. This saliva is designed by nature chiefly to be mixed with our food as we chew it, and it assists digestion. Calvin E. Stow, one of my theological teachers, in a lecture to us on the necessity of preserving our health said, "Young men you must chew your food to mix the saliva with it; it will not do to bolt it down whole; chew it well; unless you have a gizzard like a chicken; if any of you have a gizzard you may swallow your food whole. When through the pipe or quid these glands are excited the saliva is poured out and spit away, and when meal time comes there is not enough saliva both in quantity and quality to be mixed with the food for healthy digestion."

I have a rather ludicrous incident to relate on spitting. I was present some years ago at a meeting where the secretary was unexpectedly called on to read the constitution. He had just filled his mouth with tobacco, and instead of putting it out of his mouth as he should have done, he tried to read with his tobacco in his mouth. He got through with the reading of the constitution after a while, but he spit seven times, by actual count, while reading it. Meta Landers once said that men would chew and spit, sit and spit, walk and spit, stand and spit, laugh and spit, and sometimes swear and spit; she might also have said read and spit. What an awful amount of spitting there is done in this world! No person, without having given the subject some thought, would imagine how much a huge tobacco chewer spits in a day,

month, or year. The estimate has been pretty carefully made and given to the public. One writer says, not less than three pints of saliva is daily spurted from the mouth of a man that stands among the first ranks of chewers. Another writer says, that many men spit their weight in saliva in less than six months. And a third says, that a chewer, who spits but a teapoonful in five minutes, spits away, or draws from his system, the amount of 71 barrels or 9 tons' weight in fifty years. If all this amount of tobacco spittle was turned into one channel what a river of tobacco spittle it would make! And if that river had sufficient fall in it what huge mills could stand upon its banks and grind. But *what* would they grind? They would be emblems of having ground vitality out of youth, of having ground intelligence and thrift out of manhood, and of having ground down to poverty many hundreds and thousands of wives and children. This representation is not merely fancy nor rhetoric; it is based on naked facts.

Our revenue report shows that 95,000,000 pounds of manufactured tobacco and 1,000,300,000 cigars were consumed in one year by the people of the United States. What an amount of chewing and smoking was done; all of which means a deterioration of the physical condition of our people, a fog bank settling down on their intellectual ability and lowering the moral standing of the nation; and above all the deadening of conscience which is the index finger to all moral and religious action. A minister of the gospel once said, "I would give five hundred dollars if I could give up smoking." George Trask tells us of another minister who, when told that he was wasting away under the

influence of tobacco, said, "Alas! my brother, I know it but I can't help it; it is out of the question." He died shortly after. The same author tells of a man who wept like a child when putting his quid into his mouth, feeling himself an abject slave. And also of another who said that tobacco was the dearest thing on earth, "dearer than wife or child, church or state." And now what shall we say of the almost universal use of an article that is capable of producing such dire effects as we have just stated? We admit that these are rare cases, but they are not so rare as not to excite alarm; and the magnitude of the alarm should be that so few of those who call themselves moderate users of tobacco are not willing to even make the trial of leaving it off.

I speak to many a young man who claims to be but a moderate tobacco user as to the propriety of not using it at all, and he tells me that he does not use very much; and if I suggest that it might be better to stop before the habit is too firmly fixed, he assures me that he can stop whenever he pleases or gets ready; but I find that comparatively few ever get ready. Just at this time our alarm should be particularly great from the fact that in some quarters it is proposed to take the tariff off tobacco, because it is a necessity of life to the American people. Some political savants say that what at one time seems but a luxury to the American people, at another becomes a necessity. This is reputed to have been said in relation to tobacco, from which they would take off the duty that it may come cheaper to those who use it. And to make the recommendation more forcible, it has been said that

ninety-five per cent of all laboring men use it. I will cite in connection with this recommendation of our worthy savant, what Dr. John Warren, of Boston, wrote some years ago. "I have been in the habit of asking those who came to me with cancer of tongue or lower lip, if they used tobacco. And those who answered in the negative have been far in the minority." In one of our medical journals the statement is made that in 127 cases of cancer cut from the lips of persons nearly all were smokers. The Scalpel, another medical journal, says of tobacco, "If there is a vice more prostrating to body and mind, and more crucifying to all the sympathies of man's spiritual nature, we have yet to be convinced of it."

In the face of such facts as these, our aspirant to the highest office in the gift of the American people, says, off with the tariff on tobacco! It is a necessity to our people; ninety-five out of every one hundred laboring men use it. Is it not hard to tell whether he is a fool, or whether he thinks the American people are such? But one thing is certain, since we have read the report of the chairman of the committee on the condition of things at Washington regarding tobacco, as being used by a great majority of the members in the house and the utter inability of the committee to remedy the state of things touching tobacco fumes and tobacco spittle, and as our wisest of statesmen recommends measures to bring tobacco more easily within the reach of all men, we must look no longer to statesmen and those high in official power for a tobacco reform, but turn to men of humbler station to work a reformation concerning this evil of so great magnitude.

I have said that tobacco has a wonderful power of fascination. It certainly seems so, when 20,000 die annually from its use, and all the most horrible diseases the human family know anything about are produced by its use. One man, and a physician, who was near his end through the use of it, said, "Tobacco is as much worse than liquor, as palsy is worse than fever." And well he might have said it, for he died in two or three days. The following case occurred in New York. A man of excellent physique and regular in all his habits, except that he smoked the choicest cigars. He had been a constant smoker for thirty years, with excellent health, and would have laughed at the idea that his smoking was hurting him. The account that we read was: "A week ago last Sunday night he was stricken with progressive paralysis. First he lost his sight, then his speech, then motion of the neck, then of his arms, and so on through the body till it reached the heart, which closed the scene." The narrative continued to say that he appeared to be conscious till near the last, but unable to communicate any thing to his wife or children. His death occurred just a week from the attack.

I read of the ravages of yellow fever in the south, and physicians from all parts of our country meet in convention to consult and see what can be done to stay its progress, from what cause or causes it arose, and whether any better modes of treatment can be adopted than those already in use. Diphtheria prevailed alarmingly in Minnesota, and a state convention was called at which physicians from all parts of the state were invited to attend, and consult in re-

gard to preventive measures as well as mode of treatment. A new disease breaks out among horses or cattle, or hogs, and the national or state government, one or both, use all diligence to investigate the disease, and seek a remedy. How many rewards have been offered by state governments in the past to any one who would discover the cause of milk sickness. Is there a rumor of Asiatic cholera traveling westward, double care is taken through quarantine measures to prevent its reaching our shores. But an ex-president of the United States, or an ex-senator, or a score of ex-representatives may die of cancer of lip, or tongue, or stomach, or from paralysis caused by the use of tobacco, and it seems as though it were in the natural order of events, and little or nothing is said about it; so it looks, since nearly all our high officials and members of Congress use tobacco. Has not the article a wonderful power of fascination? What else can blind the minds of so many to such an appalling evil? Echo answers, What!

We could give no less than seventeen different medical properties which, at different times, have been attributed to tobacco, but none of them have proved of any value as remedies, and so it has been conceded by the entire medical fraternity. But on the other hand, it has by them been pronounced the prime or procuring cause of many diseases. And many that it does not cause it aggravates. One author says he can enumerate not less than eighty diseases that tobacco causes, or greatly aggravates. In the sense that it enervates and makes the system more likely to become a prey to disease, and less able to

throw it off, when disease has once attacked the system, it is undoubtedly true. We will not attempt to enumerate them all, but speak of such only as tobacco is known to cause. We ought to begin with the nervous system.

A physician in the late war said that of the many men who had to be discharged because of heart disease it would have been more strictly true had the specification said, "tobacco disease." Another physician says, "In army life I had much to do with so-called heart disease. Thousands were discharged from the army with heart disease who had no organic derangement, but whose irritability was largely owing to the use of tobacco." A physician examined some thirty boys who used tobacco, and found upward of half of them had intermitting pulse. Dr. Mitchel in a lecture called attention to the inroads that are made on the nervous system through the use of tobacco, both of organic and inorganic derangement. It has been said that many soldiers got discharges by taking wet tobacco leaves, and putting them in the arm-pits and asking the surgeon to examine them. Two or three of these examinations (if the surgeon suspected no trick) would be sufficient to get a discharge.

The vision depends much upon the condition of the nervous system. An English physician says that out of thirty-seven patients suffering loss of sight from paralysis of the optic nerve, twenty-three of them were confirmed users of tobacco. A medical journal published in Boston says, "Tobacco smokers must look well to their eyes. . . Proofs are accumulating continually that blindness by atrophy of the optic nerve in-

duced by smoking, is of frequent occurrence." The hearing is also affected through the use of tobacco. Perhaps not so sensibly, yet instances are not wanting in which people have become very deaf from the use of tobacco. It would be but just to remark, that when persons have suffered loss of hearing or sight through the use of tobacco, if it is but partial, and they can be induced to stop using it, their sight and hearing will measurably return.

Mr. P. C., of Plymouth, N. H., had been both a chewer and a smoker for thirty years. He had nearly ruined his eyes, and for ten years he had a ringing in his head. He was persuaded to stop both chewing and smoking and his eyesight returned, so that at sixty-three, the account says, he could see very well. An intelligent oculist will often say to the patient who is suffering loss of sight from tobacco, "I can help you, or perhaps restore your sight, but you must stop the use of tobacco." We can perhaps get as correct an idea of the effect of tobacco on the human system by looking at its effects in tobacco factories as in any other way. Many years ago I had a friend who worked in a cigar factory in Cincinnati. I stopped at his house two or three times and remember well how pale and sallow he looked, and that he did not like his business, but said that he could earn more there than any where else. Forty-five years ago I had not thought so much of the mischief tobacco was doing in the world or I should have made more inquiries of him, and visited the factory he worked in with the view of getting information.

Dr. Willard Parker says, "It is now many years since my attention was called to the insidious but

positively destructive effects of tobacco. I have seen a great deal of its influence upon those who use it and work in it. Cigar and snuff manufacturers have come under my care, both in hospital and private practice. Such persons cannot recover soon, and be in a healthy condition, in cases of injury or from fever. And they are more apt to die in epidemics, and also more prone to apoplexy and paralysis." The same is true he says of those who chew or smoke. Dr. Kostral says, "In Austrian tobacco factories the workmen are subject to many diseases, especially in the case of women and boys." In the Bellevue hospital there were fifty cases at one time suffering from a very distressing disease which was caused by the use of the teeth and tongue in the finishing touch given to the cigars in the rooms where they were manufactured. A German physician says of those who work in tobacco factories, "They carry a pale face and a ghastly countenance, and it is very few of them who live to old age." Another writer who has studied the tobacco question in all its forms and phases says, "that the average age of females who work in tobacco factories is but four years." We have in these testimonies what should be a broad hint to the inherent quality of the tobacco plant, and the effects of the manufacture of tobacco. If we should get such testimony concerning those who work in flouring mills and bakeries, or those who grind cane and refine sugar, or who handle oranges, prunes or dates, or any of the other articles that we justly class among the luxuries of life, I think the inquiry would immediately be raised, are these articles fit to be used? If those who pack oranges, raisins and figs wore pale

faces and walked about with ghastly countenances, or should they ordinarily die in four years, who would use those fruits, or be ready to step in to take the places of the dead and dying? If persons working in cigar factories are pale and sickly, if they recover from wounds and sickness more rarely than other people, and especially if their lives are cut short by the nature of their employment, a just inference would be that the article manufactured possesses injurious properties and that it is not fit to be used.

We have found abundant testimony of men who ought to know and do know, to prove that tobacco in whatever way it is used acts injuriously on the nervous system. Sight and hearing depend largely on the condition of the nerves, and both may be, and often are, materially injured by the use of tobacco. Paralysis is another disease that we have abundant evidence is brought about by its use. We have already cited a case of progressive paralysis where, though it took thirty years constant smoking, his other habits were so good, to strike him down, still his system yielded at last to this giant foe. Dr. Solly once said when addressing an audience on scientific subjects, "Don't be frightened, I am not going to give you a sermon on tobacco; that is not my business; but it is my business to point out to you all the various and insidious causes of general paralysis, and smoking is one of them." Dr. Parker says chewing and smoking are most prolific causes of paralysis and apoplexy. Mr. Simms gives three cases of palsy which he himself knew to be directly caused by tobacco. Dr. Hassock also makes the use of tobacco the "alarming cause of apoplexy, palsy, epilepsy, and diseases of the nervous system."

It has been said by some that tobacco injures the voice. Few who have attempted to speak in public do not know something of the value of a good voice. In singing we all recognize the power and quality of the voice, the ease and freedom with which it can rise and fall with all its various powers of modulation. And to use anything that would destroy, or in any way impair this precious gift, must be a sin of no ordinary magnitude. Dr. Rush, who was an eminent authority in vocal art, spoke of the influence of snuff impairing the sound of the voice. He said it did it in two ways, by depositing a filthy dust in the air passages, and by withering the tissues brought into use in speaking and singing. Dr. Mussey said the same thing but with this difference; he said that snuff, quid, and pipe would do it. Both Drs. Alcott and Allen say that tobacco is injurious to the voice, "as every one can testify who has heard the harsh, husky, mumbling, insonorous voices of inveterate tobacco users." Dr. Woodward, of the State Hospital of the Insane at Worcester, Mass., is decidedly of the same opinion as Drs. Alcott and Allen, but he goes on to show from what he has witnessed that much of the permanent loss of voice in past decades of public speakers, especially of clergymen, was owing to the use of tobacco.

With what has been said in regard to smoking tending to produce cancer of tongue and lip, it would seem that no doubt could remain, and yet men smoke on as though nothing had been said. Has not tobacco a wonderful fascination! Men do not act in this way in regard to anything else. Because they do not see a cancer growing on the lip of every man

who puts a cigar into his mouth, their actions say, "Well, we will run the risk." Men do not act so in regard to other risks. Not one building in one thousand is struck by lightning, and yet we see lightning rods run up by the owners, and pointing to heaven, over many a valuable house, for the protection of themselves, their families and their property. They can't stay the lightning, but they will do the next best thing; they can conduct it safely to the ground. I have never been in a house that was struck by lightning, but a very few months ago I was in the house where a smoker had a cancer cut from his lip. And to carry the illustration a little further, in passing by a good house you will not only see the silver-tipped lightning rod above the roof, but a small metalic plate tacked over the door, with the word, "Hartford," "Continental," or some other name engraven upon it; the meaning of which is, that if that house gets burned down the owner will get an amount of money, some less than the value of the house, but which in the event of the loss of the house by fire would enable him still to provide for himself and household. Men are wise in their generation but not in smoking.

The Times and Gazette, a medical journal, mentions 127 cases of cancer cut from the lips of persons, and it is said that nearly all of them smoked.

Dr. Warren, very appropriately remarks, that many people have a hereditary predisposition to consumption or some other disease, which by due care could be prevented from making its appearance till old age, or perhaps never; but which by exposure or by exciting causes would soon manifest itself. So he said

there might be latent tumors which would be ready to show themselves through slight irritation or provocation. Some people are so free from all hereditary taint, and their lives are so regular and free from undue excitement that they pass through a long life with few ailments. The inheriting of a good constitution and a good disposition are worth more to a child in the United States at least than the inheriting of money or titles, even if we were able to confer the latter.

It is believed that there are few traits of character or habits of parents that imprint themselves so plainly on their offspring as the habit of using tobacco. A book could well be written upon it, but I will only, by citing a single instance, show what I suppose is actually the fact in tens of thousands of instances. A lady once told me that she had contracted a passion for the pipe before she was married, but that she married a man who had a distaste for tobacco. She said that she loved the pipe so well that she would steal out of bed at night to get away and have a good smoke. This woman was the mother of six sons, and when I knew them they were all addicted to tobacco; indeed they said they were lost without it. No one can help inquiring as to whether in this case something of the desire for tobacco was not inherited? But we were speaking of cancer, and will not digress far from it. It is said that the vascular system is readily affected by tobacco, and not only are cancers often caused by its use, but other tumors also.

I knew a man a good many years ago, small in stature and physically weak, who always had his pipe

in his mouth. We lived for a time in the same village, but both moved away about the same time. After we left I saw him but once or twice. One day I unexpectedly met him in the country, and how changed! I hardly knew him. I said, "Tom, you are not well." He took my hand and placed it on a large tumor, five inches across and as thick as my hand, that could be plainly felt through his clothes. The tumor was not sensitive to the touch — what is sometimes called an indolent tumor — but it was fast sapping his life. I advised him to get the best medical counsel he could find in the state, which he did, but he died in about nine months after I last saw him. Perhaps the constant use of the pipe had nothing to do with the tumor. I think neither he nor his friends mistrusted the old pipe, although I had often told him it was a bad plaything. I think that many tumors beside cancerous ones get their incipient notions from tobacco. I will briefly hint at my ideas so far as tobacco has anything to do with tumors in general, pathologically. The first action of a small portion, as all authorities tell us, is stimulant, of a large portion the action is narcotic from the first. But, even in the small portion, the stimulating effect is very transient when the narcotic begins. We can take little account of the stimulating effect, but of the sedative or prostrating effect, we get abundant evidence. If you wish powerfully to relax the system for surgical operation, as in the setting of a badly luxated joint, you can do it with tobacco, but all physicians say it is too dangerous. The line between relaxation from tobacco and narcosis, without reaction, is too uncertain to attempt to approach it.

Tobacco for narcotic purposes, as it is generally used by chewers and smokers, lets down the tone of the system. No part performs its functions aright. The perspiratory organs are inefficient in their work; the blood does not course regularly through the system; as one has said, the pulse of those who smoke usually intermits; the bowels are sluggish, hence the matter which should be carried off by the excretory organs is lodged in the system, and tumors are formed. How far the pathology of tumors, as I have conceived of it, may be true I will leave with the reader to ponder. In partial substantiation of my theory is the well-known fact, that when the pores of the skin are suddenly shut up, as in cloudy and cold days in summer, or as autumn approaches, phlegmons, common boils, are likely to ensue.

Some have supposed that tobacco aided digestion. A lady once said to me that she had to smoke after dinner to keep her food from hurting her. A smoking minister once told his physician that he knew tobacco aided digestion, that it was the only thing that would give him quiet after a meal. His physician told him that the smoking only hushed the nerves and would not let them complain at that time, but he would hear from them again. Dr. Stephenson, in an essay that he read before a society of inquiry said, "It must be evident to every unprejudiced mind that the immense quantity of saliva expended during the use of the pipe or quid retards the digestion process." It is the united testimony of all authorities that in the economy of the human system saliva should be mixed with the food before it is swallowed, and by so doing digestion is assisted. The office of the salivary glands is to

secrete the saliva and give it to the food while it is being chewed, but if it has been expended while using the quid or pipe, the food gets it either in diminished quantity or quality, probably both.

Sometimes, when I was a boy, I used to hear rum-drinkers complain that their rum had been watered; and of late years I hear about stocks being watered, railroad stock, mining stock, and other kinds of stock. I suppose it is meant by watering stocks, for instance, that if the contractor of a railroad which cost him but twenty thousand dollars a mile to construct should sell it for twenty-five thousand dollars a mile, he had watered the stock. Really that particular railroad stock would be worth but seventy-five cents on the dollar. All such watering of stock must work mischief somewhere; it may put money into one man's pocket, but it must take it out of somebody's pocket. The great struggle now in the world with many men, is to get money or property without paying a just equivalent. Often we hear a man say, "I was cheated or swindled out of so much." I suppose the object always in watering stock is to cheat or swindle somebody, but the worst cheating or swinding a man ever did was to chew and smoke, and draw the saliva and spit it away that should be mixed with his food to nourish and sustain his system. Food unmixed with a proper quantity of saliva does not, after it leaves the mouth, fully accomplish the object for which it was designed. And the man who uses tobacco suffers loss by indigestion, and often brings on a train of other evils that makes life itself burdensome.

Dr. Mussey has shown the error of supposing that

the use of tobacco helps digestion, for he says that "After laying it aside most persons have an increased appetite, and become more fleshy." He closes his remarks on this subject by saying, "Physicians meet with thousands of cases of dyspepsia due to the use of tobacco in some of its forms." Prof. Hitchcock, Dr. Rush, Dr. Cullen, and Dr. Hassock, all of whom were eminent authority, have entertained the same views. Dr. Rush accounted for the sallow complexion of chewers and smokers from the fact that the liver did not perform its function aright. I have said more than might be deemed necessary in regard to tobacco being injurious to digestion, but it is on this one question that the physical faculties, and, to a great extent also, the intellectual and moral powers depend.

Epilepsy is another disease that many physicians have said often results from the use of tobacco. I knew a boy who attended our town school many years ago that had fits. At that time I did not suspect that tobacco was the cause of the fits; but since I have witnessed so many cases of fits where tobacco seemed to be the chief agent in producing them, I have thought his might have been among the number. He used tobacco, and it was about as common in his father's family as bread. I think he died before he grew to be a man. I knew a young man about twenty, who, in a fit, fell from his horse and lay senseless some time, but recovered. He used tobacco. I knew a third, near forty years old, who fell from his wagon and died instantly. A fourth, who died in his field. He was near fifty. The fifth fell dead in his house, and the sixth, evidently a vic-

tim of tobacco, was out of his mind at times, though he did not die so suddenly. I was intimately acquainted with all these six, knew their habits of using tobacco, and attended the funeral of the last four mentioned. I would say that I don't think any of these four that died had any realizing sense that tobacco was materially hurting them, nor do their friends who are living today hold tobacco as having any agency in their premature death. One writer relates an instance of a boy fifteen years old who had fits, and he was removed from school. In one fit tobacco was found in his mouth, and it was kept from him and the fits stopped. But after a little he got hold of it again and they returned. After ten years of suffering the account says he died. Another case very similar occurred in Troy, N. Y., with this difference, in the latter case the young man lost his mind and was accounted an idiot. Another account is given of a boy who died with a cigar in his mouth.

That the use of tobacco leads to softening of the brain and ultimately to insanity, has for many years been known to those having charge of insane asylums, and the fact is receiving more and more thought continually by the intelligent part of the community. In the far East, in olden time, we read of a madness called *amock*. The meaning of the word is "I will kill you." Of late years, in that land, it is used to represent the frenzied smoker who rushes frantically at whomsoever he may meet. Other poisonous ingredients are sometimes mixed with tobacco which help to produce *amock* in that country; but in this country tobacco certainly does sometimes produce

insanity. I spoke of a man whom I met on the prairie one morning who was so saturated with tobacco, as he said, that mosquitoes would not touch him. I told you that he died in a few years, but before he died he became deranged at times. One night he secreted an ax with the intention of killing his family. Providentially he did not do it. A prominent journal has used this language, "Half the tobacco users one meets are in a state of semi-imbecility; their memory is leaky, moral sense blunted, general disposition impaired, and tone of body and mind let down." The following was clipped from a county paper in Iowa not long since. "Three persons are now temporarily insane in the southern part of this county, caused by the excessive use of tobacco." At the Insane Asylum, Worcester, Mass. a large number of men who had the opportunity to examine the subjects, agreed that the tobacco habit is one of the causes of insanity. Trask, in his work on tobacco, refers to a brother minister of rare talents, who smoked a great deal and then got to drinking. His intemperate habits killed his wife, and his son became an object of charity, and he himself died in a mad-house blaspheming the Savior he had once preached.

The same author mentions another minister in New England, who persisted in the use of tobacco till he had the delirium tremens. And when told that he must die if he continued to use it he said, "I shall die if I don't have it." He used it a few years, and died a fool. A third case is given of a minister, who in the early part of his ministry was very successful and gathered around himself many

admiring friends. Soon his health failed him, and no one knew why. But afterward it was found that he was a victim of tobacco. He too went to the insane asylum a raving maniac. One day as he was pacing his cell in a kind of revery he stopped suddenly and said, "Where am I, and what has brought me here?" The reply came as from above, "Tobacco! Tobacco!" He then cried, "Oh God, help! I will use no more." The sad and dark eclipse that had for years rested upon him passed from his beautiful mind, and after a short time he again entered the ministry. The narrative ended by saying that after years of successful work he was called to a better world free from all temptations. Miss Dix reports eight cases in an insane asylum where insanity was caused by the use of tobacco; Dr. Kirkbride, four in a hospital in Pennsylvania; and Dr. Lizar reports four more. As has already been said, both physicians and state authorities in France declare that lunacy and the revenue from tobacco go hand in hand; that is, as the consumption of tobacco increases so do the cases of insanity increase.

I don't know as I can do better than right here to introduce another subject which I do not want to entirely pass over. And for want of a better name I will call it

DELICATE ORGANISM OR SENSIBILITY.

When a boy, perhaps eight or nine, my mother gave me some linen to put on that had lain in a drawer where some fetid gum had also lain. The fetor of the gum had so impregnated the linen that it made me sick, and to this day I cannot get the scent

of that species of gum without experiencing something of the same feeling that I did the day I put on that linen. All of us can call to mind something of the kind, in which we, years and years ago, tasted, heard, smelt, or perhaps felt something that, to us, was perfectly horrible, and the thought or remembrance of it is appalling to the present day. A man once told me of having sat down upon a rattle-snake as he was coiled up by the side of a wall, and did not know it till he felt the motion of the snake. To this day he shudders as he thinks of it. Now in this sensibility of our nature — in some persons greater than in others — may we not learn something of the aversion of many people to tobacco? Queen Elizabeth, in deference to the renown of her subject, Sir Walter Raleigh, drew a whiff or two at the pipe, but, sickening, she banished it in detestation forever. It carries with it a disagreeable odor, a sickening taste, and taints everything with which it comes in contact. This is universally true at first. It is from being born with it, so to speak, or becoming inured to it, that it can be regarded as pleasant. Meta Lander tells us of a landlady who, with authority, forbade the smell of tobacco in her house. One day, on opening a closet door she got the scent of it. She summoned both of her male boarders, but they assured her that they had not violated the rules of her house. Intent on finding out who the offender was, she continued her search till she found that it was only in the personality of a garment that had been brought in from a neighboring institution, where smoking was allowed. The author last referred to gives us an account of a young wife whose husband smoked. She was

affected with something like heart disease, faintness, and other symptoms which were very foreboding. The husband called in a physician but he was at a loss to understand the case. He told the husband that the symptoms resembled those of tobacco poisoning. The narrative was concluded in the following words: "He immediately abandoned his smoking, and was rewarded by the speedy recovery of his wife."

I was traveling in company with a young man in Minnesota, before the time of railroads in this state, and we stopped at Jackson, Jackson County, for the night. The bar-room in the evening was full of men, but fuller of tobacco smoke. The night was very cold, but the young man was so very sick that he could not stay in the room. He went out and walked to keep himself from freezing till bed-time. It was several days before he was well again. A still more marked case than that, was that of a school teacher whose study and sleeping-room was over the bar-room of a tavern. The stove pipe from the lower-room went up through the floor into the teacher's room, and there was space around the stove-pipe for the free access of tobacco smoke into the room above. The teacher was sick and unable to go into school for a number of days. He told me that his sickness all arose from the tobacco smoke from the room below. This teacher had never been exposed to tobacco smoke before. Nothing of the kind was ever in his father's family.

I know that it seems strange to those whose parents, one or both, were users of tobacco, and who from their birth lived in houses impregnated with it,

to see how any one can be so sensibly injured by the presence of tobacco smoke. But to those who have been entirely free from tobacco till they were grown, it seems more strange how any one can use it at all. And here I have but to go back to the first introduction of the "weed" into Europe and the East, to get the most abundant proof of the natural offensiveness of tobacco. Five or ten years of continually breathing the air impregnated with tobacco, and not a day free from its polluting influence, is enough to blunt the sensibilities of any child. And then when that child has taken up its use at eight, ten, or fifteen years old, and used it himself twenty or thirty years, it is not strange that he becomes a fool or insane, and that the words of the afore-mentioned Journal should be verified. "Half of the old tobacco users that we meet are in a state of semi-imbecility." A New York physician writes thus, "The universal observation of those who have given the subject candid thought is, that in the same ratio that people indulge in narcotics the mental powers are unbalanced, and the lower propensities acquire inordinate activity to the expense of the intellectual and moral faculties. The whole being is not only perverted, but introverted and retroverted." The same writer goes on to show that tobacco, "even more than liquor, disqualifies the mind for exercising its intuitions according to right and wrong; and that it degrades the moral sense below the intellectual recognitions." This last averment is but substantiating what was said in regard to students, that if tobacco caused them to have a lower grade in scholarship, it caused them to have a still lower one in moral character.

I have, in a general way, spoken of the liability there is, and especially of those working in cigar manufactories, to disease. But I wish again to refer to the authorities that I have on this subject. Mr. Fenn says, "I have seen very mild attacks of typhoid fever rendered fatal by the use of tobacco." During the prevalence of cholera another writer says, "I have had repeated opportunity of observing that persons addicted to the use of tobacco are more apt to be attacked by the disease, and that it is also more fatal in form."

It will be observed that when I have spoken of tobacco as tending to produce disease, or when I have spoken of its militating against a speedy and complete recovery from a disease, I have passed over such testimonials as coupled other causes with tobacco; for instance liquor. We admit that liquor is often a concomitant with tobacco in the production of a disease. But as far as I could, in the presentation of cases, I have tried to cite those cases only where tobacco seemed to be the chief agency. Liquor is not known to derange the nervous system to the extent that tobacco does. Its tendency to epilepsy and apoplexy is not nearly so great as that of tobacco. As to fevers, especially those of an inflammatory character, it may be equal, perhaps greater, than that of tobacco. As to cancers and tumors of all kinds, liquor can by no means be held responsible in the sense that tobacco can.

But in regard to excesses and all undue excitement, they tend to shorten life. If they do not cut one off in the midst of his days, as is often the case, they will cut short his days near the end of the race. A physi-

cian, a very moral and upright man, one day went out into the country to see a patient. On his return I met him and asked as to the prospects of his recovery. I will give his reply in his own language. "Had he been a man of good habits I should think that he would; but as he acknowledges that he has not, I don't know." He died in less than a week. Men and women whose profession is on the stage seldom live to old age. The same is true of noted platform speakers. And those who obtain notoriety as singers and musicians are thought to follow nearly in the same way. Stage actors, to make a success, have to translate themselves out of their own proper persons into those whom they are representing during the play, and no one can do it repeatedly without doing himself great harm. The summing up of the whole matter is that if we seek length of days, let us guard against excesses of every kind. Aside from the hope of eternal life that we derive from a firm belief in the christian religion, it is the world's great balance wheel to regulate our desires and actions. All who have adopted its principles and maxims have found in them a power which is found nowhere else to sweeten our lives and guard us from many ills. I have now, I believe, said what I had to say of tobacco being a disease producer, or aggravating disease in its wonted course. But I am aware that some have talked, and perhaps a few, very few, written as though

TOBACCO PREVENTED DISEASE.

To my knowledge it is claimed to prevent disease only in case of typhoid fever, and certain epidemics; save by some very ignorant users, whose testimony

is nothing more than a smoker's or chewer's wish that it might be so. As to tobacco being a preventive against typhoid fever, a physician in Massachusetts relates the case of an habitual smoker who had typhoid fever every summer for five years. A physician in New York made the following reply to one who claimed that tobacco was a preventive to disease. "I have never heard it claimed that tobacco was a preventive to disease, even by the most inveterate smoker among medical students or physicians, or had any protective properties. No authority on sanitation, or disinfectants, whether medical or non-medical, classes tobacco among disinfectants, antiseptics, or preventives in any mode or degree. And those who have written most and most vigorously against tobacco are physicians." Another physician says, "I knew a man who was a confirmed user of tobacco who had for a series of years typhoid fever." Another doctor, in a mining region, says, "I can report hundreds of cases in which users of tobacco had typhoid fever." Says another eminent physician, "So far from tobacco being a preventive or protection against typhoid fever, it is the opinion of physicians generally, that by enfeebling the constitution it makes men more susceptible to typhoid fever, as well as to all other diseases." Dr. Solly, who as authority is second to none, says in answer to one who claimed that tobacco was an antidote against malaria, "I dispute the alleged benefit that you claim for tobacco against malaria."

Meta Lander, while in one of her jocular moods writes, "Tobacco scares away moths, carpet-bugs

and other vermin. It affords absolute protection against being devoured by wolves, buzzards, and cannibals, of which advantage its defenders are at liberty to make the most. It excludes ladies from many a breakfast and dinner party . . . . an advantage which is suggested on the score of economy. It impairs the appetite so that less food is required. As to the cost of tobacco in money, time, health and doctors' bills, in comparison with nourishing food, judge ye!" There is another benefit still, she admits; it is this, as she expresses it. "It helps, according to the opinion of some doctors of divinity, to get a clear view of one's humiliation, to use tobacco." In connection with Meta Landcr's ridiculing tobacco, I will relate what actually took place. A lad of some fourteen or fifteen years of age was being examined as to his fitness for church-membership. In relating to the church his religious experience, he told the cross he bore in giving up his tobacco. When the lad got to that part of his experience the pastor of the church said to himself, "If this lamb of the fold can give up his tobacco to honor his Savior, ought I not to do as much?" From that hour the shepherd followed the example of the lamb.

I will here quote what a physician said when a committee of the church to which he belonged came to him with a subscription paper to raise money to send their minister to Europe for rest, because he was breaking down in health. "You come to me saying that our minister is breaking down and needs rest, so you propose to send him to Europe. I cannot give anything for that purpose. I work as hard as he does and have as many burdens to bear. My

income is not so great as his salary; but more than that, I have warned him. I told him that his tobacco habit was wasting his life and poisoning his whole system. But I have warned him in vain. He smokes on, and when he is a little uneasy he smokes the more. I told him the mischief myself, and showed it to him in books, but it did no good. He said plenty of men smoked, and doctors, too, and it never hurt them. This I denied; I knew that it weakened them, and that disease attacked them more readily on account of their smoking. He said that smoking helped his digestion. I told him no, it only deadened the feeling for the time, that the narcotic quieted the nerves and would not let them complain. I did not like to talk to him so plainly but I knew the whole trouble and he did not." This narrative, as given by the physician, is still continued, but I will quote no further, and only say that this minister went to Europe, and another smoking minister went with him, both taking a good supply of the precious "weed" with them. Where will you find anything else that deceives, fascinates and enslaves like tobacco? This afternoon, as I was out in town, I met a physician with whom I formed an acquaintance about twenty years ago. He has been a smoker ever since I knew him. We have met but occasionally. Today, as usual, he was still patronizing his pipe. Speaking of future prospects of living, this physician seemed not to be sanguine, and the use of the pipe was referred to. He said "I wish I was shut of it." I asked him if he was not man enough to quit? He mournfully and feelingly said that he was not.

WOMEN AGAINST TOBACCO.

It is surprising that comparatively so few women use tobacco. Being the weaker vessel, as they are commonly considered, and often left without a ray of hope as to the future of their lives, we would naturally suppose that they would be the ones who would bury themselves in tobacco smoke or steep themselves in juice of the quid, and in that state end their days. But it is not so. I think less than one in fifty, perhaps less than one in a hundred of those whose husbands and brothers use tobacco ever touch it. But one wife that I ever heard of, wanted her husband to use tobacco. That sprightly, cheerful, laughing Mrs. Haynes, as we used to call her, when her husband once said, "Wife, when we get rich I mean to smoke just two cigars a day," replied, "Then, Milton, I hope we shall never be rich." Not long since I was in a family for a few days where there was a young lady who expected soon to change her relations in life. She was a bright girl and had the esteem of all who knew her. The subject of tobacco was one day the theme of conversation at the table, and I observed that she did not join in the discussion. I suspected the cause. At a convenient opportunity I asked her if tobacco was offensive to her? She replied, "Oh, I hate it!" I continued the conversation by saying that I had known girls to say they would never marry a man who smoked or used tobacco in any way. "I have said that a good many times," was her reply. "But," I said,— and soon she finished the sentence, "I suppose I shall have to reverse that decision." I knew that the girl had once been disappointed; and I knew also that with her surroundings she felt the ne-

cessity of making herself a home, and could I blame her for asking herself the question, "Had I not better break a good resolution?" I cannot, however, speak very highly of the gallantry of a man who will imprison the one whom he esteems and loves above all others in the world, in tobacco smoke all the rest of her life rather than give up his filthy idol.

I cannot well refrain in this connection from quoting what a paper in southern Illinois, the "Greenville Advocate," published less than a year ago, concerning some girls who doubtless thought of the smoke-beclouded houses they expected one day to be called to reign in. "A cigar dealer of Louisville, Kentucky, says that the most regular and profitable customers he has are the members of a club of young ladies, occupying the very pinnacle of social eminence in that place. They meet in turn at each others' houses, lock themselves in, and have a good time of it. They say that all their male companions smoke and why should not we? Perhaps these Louisville ladies took their idea of smoking from a remark of Meta Lander's in the Independent of August, 1882. The remark was this, "The tendency of the tobacco habit will be more and more to separate women from men, unless in self-defense they, too, form the habit, and learn to revel in tobacco smoke." But she wisely asked, "Gentlemen, would you hail the advent of that day?" The same writer against tobacco tells us of a gentleman in Philadelphia who in his younger days, believing that the habit of smoking would render him less worthy of a true woman, abandoned the habit. When he found his true, ideal woman they wedded and lived happily.

. . . In the time of our civil war he entered the army, and many prophesied that he would fall from the high stand he had taken. But his wife said she knew him better than that. He returned to her after the war as free from the taint of tobacco as when he left. Meta Lander tells us also of another man, an editor. He thought that he had found a woman worthy of him, and introduced the subject of matrimony to her; but she bade him nay so long as he was wedded to his pipe. To all his entreaties her heart was steeled. He finally yielded the point, and they were married. In a few years their union was separated by the death of the wife. While in his widowerhood state and loneliness he fell into his old habit of using tobacco. His second wife did not interpose the same objection that the first one did, but in his after life he was in the habit of saying, "*I wish that she had.*"

Women have a much harder time in the world, certainly among the Anglo-Saxon race, than they would have but for the tobacco habit. Were the polls opened for all of the fairer sex over twelve years old, I think ninety-five out of every one hundred would vote to banish tobacco. Less than a year ago I met a man and his wife in a store in the town of Durand, Wis. The husband, a man of fifty, was pulling away lustily at his pipe. They had ridden twelve miles that morning in the cold, and I thought I had seldom seen a man enjoy his pipe so well. After a few pleasant words with him, I said, "It is quite a luxury to you, after a long ride, to have a quiet smoke by a warm stove." "Yes," he said, he liked "to take a little smoke after being out in the

cold." He was English, and had been back and forth to England several times. I inquired of him as to the smoking habit in England, and ere long reached the point of the utility of using tobacco at all. He was very frank in answering all my questions, and admitted that smoking hurt his wind a little. The wife comprehended the drift and intent of my questions much quicker than the husband, and she soon entered into the conversation, improving every opportunity offered to testify against tobacco. When I was ready to leave the store after a long conversation the lady asked me if I had a wife, and if we would not come and see them, and gave unmistakable evidence that she thought she had met one man, who sympathized with the wife of a man who used tobacco. How much that woman must have suffered in the last twenty years on account of that one habit of her husband's; probably with great patience, and thought it was her duty to do so Multiply her individual endurance by the endurance of all the wives of those husbands who smoke and chew, and you have a sum of misery that figures cannot express. Nor do the results of the tobacco user's habits altogether stop with his wife.

One of my earliest recollections is of a man who came to our house, and he sat and talked and spit on my mother's nicely scoured and sanded floor to an awful rate. And when he was gone my mother cleaned it all up, but said she should think he might as well spit his tobacco juice in the fire-place as on her floor, to make her clean up after him. Ever since I was a little boy, just big enough to toddle and talk, I have seen a portion of the human family smoke and puff

and chew and spit, to the disgust of at least one half of their compeers, certainly as good as they are. Jackson Jarves, in writing upon the beautiful, refers to the decline of good manners which he attributes among the Anglo-Saxons largely to the degrading influence of tobacco. He says the severest test of the modern gentleman is his unwillingness to forego his pipe for the comfort and health of others. No man of ordinary intelligence and culture, knowing that an Arab disdains the act of spitting, would think of spitting in an Arab's presence. He would not even at the door of an Arab's tent; and yet this same gentleman will chew and spit and smoke and spit in the presence and to the annoyance of multitudes whose wishes and well-being he ought to respect as much as an Arab's. Mr. Jarves accounts for this breach of good manners on the part of tobacco users, mainly, on the ground of the stupifying influence of tobacco.

Not long since I attended church service one evening in a town where my acquaintance was but limited. After the service was over and the audience was leaving the church, I noticed one gentleman yet on the steps of the church with a cigar lighted, and a lady on his arm. I knew the lady, and inquired who the gentleman was. I found he was a man who had not been long in town, but represented an honorable profession, and, no doubt, would have resented the idea, had it been suggested, that he was not well-bred. I think there can be no doubt as to the *consensus* of one half of almost any community as to the good culture of the gentleman in question, and if the other half should think differently, who would not attribute the erroneous judgment to the stupify-

ing influence of the cigar. In one of our counties in Minnesota some few years ago, the superintendent of schools in one of his visits to a district school taught by a lady, asked her if she had any objection to his smoking in her school room? She told him she had. That she had been careful to have none of the scholars use tobacco, and it would seem very improper for him to set the example. The time will soon come I think, if it has not already arrived, when no man who uses tobacco will be elected to the office of county or state superintendent of schools.

THE USE OF TOBACCO TENDS TO FRAUD.

I would not say that those who smoke or chew mean to defraud others. They have no such intention, primarily. They have no intention in the act of chewing or smoking of taking a dime out of any man's pocket without giving a just equivalent, and yet in the end it amounts to just that. If we take the instance that I cited of the school teacher who became sick from the tobacco smoke that escaped from the bar-room below into the room above, we shall find a just account filed against tobacco, to say nothing of the suffering of the sick man, running up in dollars and cents, far above the sum that would be necessary to supply that bar-room with cigars and pipes for many more days than the teacher was laid up from his school. This is but a sample of what the act of using tobacco is liable to do at any time. To know that it is capable of doing such a thing is the strongest argument against its use that we can have. If it could be proved that tobacco was a necessary article of food to support life, and such results were accidental to its use, the case would be different.

Tobacco was never shown to be necessary to a well man, and is craved only when he has previously depraved himself by its use. But it is not alone when tobacco makes others than the users of it sick that its use works injustice, as we will endeavor to show. In most public houses, or on routes of public conveyance, extra rooms, apartments or cars must be provided for those who use tobacco. Non-users as well as the users have to bear the expense. If a passenger train has six coaches one must be for smoking. None of the ladies smoke. Two-thirds of the men smoke, one-third do not. We will make the estimate for two hundred miles. Say there are an equal number of gentlemen and ladies on board, three hundred of each. According to the present laws of Minnesota, the fare will be $6 each; the entire fare $3,600. One sixth or $600 must be paid for the extra smoking-car. Two-thirds of the passengers do not smoke; and for the benefit of the one-third, or two hundred smokers the four hundred non-smokers must pay two-thirds of the $600 that the running of that smoking-car costs. Be it remembered that railroads do not run smoking-cars for nothing. The traveling public pays for running them. Every woman and every non-smoking man pays his share. I have chosen the above figures because the estimate is easily made. Alter them to whatever proportion you please and you will find that hundreds of thousands of dollars are paid annually in the United States by those to whom tobacco is an abomination, in order that tobacco users may enjoy their vulgar habit.

In very many ways, too numerous to mention, the users of tobacco infringe on the property rights of

those who do not use it, but in no one way more sensibly than at our public houses and in traveling by public conveyance. But when we come to speak of our comforts that ought to be guaranteed to us, the user of tobacco infringes on them at every corner. Not long since I entered a room where an election of officers was to take place in a town wishing to become a municipality. It was a court room. As I entered, seeing so many with cigars in their mouths, I sought a seat a little removed from any one who was smoking. But soon a man came, puffing his cigar, and took a seat beside me. As soon as I could, without making it too manifest that I was moving from his cigar, I took another seat. But I soon found myself in a worse situation than before, for soon I found myself between two smokers. I then removed from there and took a standing position, so that I could more easily move from place to place. In the evening of the same day officers were to be elected in the ward in which I resided. That election took place in an office, and the room was crowded to its utmost capacity. I will not attempt to describe the same. The most that I now remember of it is the tobacco smoke. I could scarcely discern the heads of the people for the smoke. I came nearer getting smoked out that evening than I ever did before ; and you will not wonder when I tell you that in that little town of less than 1,500 inhabitants there were seven saloons and a brewery, and I think that tobacco kept about an even pace with whiskey and beer. I used to pity those little Indian boys, if they were iron, that stood out there through cold and heat, half naked, with a few feathers mounted on their head-tie, hold-

ing out imploringly in one hand a bunch of cigars for each passer-by to purchase as many as he wanted.

This little upstart of a town, just aspiring to put on the habiliments of a city, felt at this time much like the little boy getting into his first pair of pants, or pulling on his first pair of boots, and perhaps thought it would help the matter a little by showing how vehemently its inhabitants could smoke. Not many days after this town had performed all the necessary acts according to the statutes of the state of Wisconsin, henceforth to be called a city rather than a town, there came off a meeting with the Mayor in the chair, and the principal officers of the city around him, for the transaction of business. At this meeting the W. C. T. U. of the place thought that it would be lawful for them respectfully to pray the city council, through the Mayor, their constituted head, to see that the laws of the state regarding the closing of stores and other shops on Sunday was rigidly enforced. I myself, in company with others, took occasion to be present at the presentation of this petition, and hear the little speech that was made touching the utility of the law and the desirableness of having it obeyed. The Mayor, recently installed in his office, listened attentively and respectfully to the petition and the few words in behalf of its necessity, and told them that he would lay it before the council at their next meeting. But I observed that many of the councilmen were intent with their cigars, and that the room was very foul with tobacco smoke. I have mentioned all these little occurences that I might correctly show the part that tobacco is acting in many communities, and greatly to the disgust and

positive injury of one half of the people who wish to breathe God's free air pure and uncontaminated. In all that I have said under this head charity leads me to believe that the portion of the community that use tobacco are almost or quite unconscious of the real suffering to which they are subjecting the other and far greater portion. Did they duly consider it I am sure there would be far less smoking and chewing in the country than there is.

WASTE OF TIME CAUSED BY TOBACCO.

It is no new presentation of the subject when we say the use of tobacco causes a waste of time. At first thought one might pass over this objection by saying that no one can work all the time, and that a little rest is needful. It is true that rest is needful, but rest can be taken by shifting to different kinds of work so as not to keep the same muscles in tension all the time. Neither should the mental faculties be directed too long upon a particular theme or object. A wise man will so manage his affairs that he can change his work in such a way as to bring the various muscles of the body from time to time into exercise. And if he finds that he still needs more complete rest of all the muscles of the body, as old people often do, by sitting or lying, (the horizontal position is the one of most perfect rest,) he does not want to be munching his tobacco or pulling away at his pipe. I have never found an industrious man yet that found any time that he could well spare for smoking and chewing. One minister once said in relating that portion of his life when he used tobacco, that he allowed himself two hours a day for smoking.

That would be one-sixth of his working time, or sixty days out of the year.

Ministers are sometimes called lazy and idle men, and some of them may be, but the charge is generally unfounded. Their work is varied, but they usually are hard workers. The minister who smokes two hours a day is actually worth, other things being equal, but five-sixths as much to his church as the one who does not smoke. The two hours a day spent in smoking, if they were spent in visiting the sick and in pastoral work among his flock, especially among the humbler portion of them, finding out their special needs, and in some cases giving them a kind hint in regard to the best way to secure some temporal good, how much better his ministry would be appreciated! Most ministers see places where, if they had the time, they could put in far more hours of profitable labor. Something like the same thing is true in all the different professions, and avocations in life. If it is not capable of being illustrated so clearly in all the other avocations, still it is true that the tobacco user wastes the time which he ought and might use for the advancement of the interest of his profession. Sometimes men go or send miles to get tobacco because they are out. This takes up precious time. I saw a man, a very poor man I judge he was, and when I saw him he was trying to beat down the merchant on the price of his tobacco. He told him how cheap he could get it at other places where he had inquired. Perhaps that poor man had spent half an hour trying to get his tobacco a few cents cheaper. Was not that a waste of time? I think that, as a rule, it is true that an employe is

not worth as much by the day, month, or year, who uses tobacco, as the one who does not. The whole world probably has not looked at it in this light yet, but it is coming to this, that the laborer who uses tobacco depreciates his real commercial value. And I would ask any young man, who is worthy to be called such, if he would be willing to fall into any habit or allow anything, willingly, to attach to him that would thus impair his manhood?

Aside from the well-known fact that the use of tobacco impairs digestion, and thus weakens the system, and in that way renders a man less capable of performing as much physical labor as he might otherwise do, the very fact of the waste of time is enough to raise the inquiry whether any one ought to use it or not? The young man who has to hew out his own fortune in the next quarter of a century as I have already said, may not find it as easy a matter to do it, as did the young man a quarter of a century ago. Competition will probably be sharper, farms will not be as easily obtained, the rivalry in securing desirable places will doubtless be greater, as commerce and travel continue to increase and bring larger multitudes from the old world to the new, all of whom will want a place to earn their daily bread. I would say, therefore, to every young man, cast away every weight that could possibly hinder you in the laudable enterprise of rising in the world to a state of comfortable independence. Few young men can bring themselves to feel that it would be desirable always to take the place of a hired servant, indeed, I could not greatly esteem that boy, yet in his teens, who does not look forward to the time

when he will be the owner of a farm, or be the member of some firm or company doing business for himself. And I firmly believe that any boy by firmly setting his face against the use of tobacco, will, by so doing, place himself in the way of accomplishing this desirable object. I quote the following from "Konklin's Manual." "The cost of smoking three five-cent cigars a day, principal and interest, for ten years is $745.74." The cost of smoking one cigar a day, for that length of time, would be $248.58. What a drawback to the financial well-being of any poor boy wishing to make a success of life!

THE MORAL ASPECT OF THE USE OF TOBACCO.

In the last few pages I have tried to appeal to young men through their pockets — the financial side of their being. But there is another side to a man's character that we all like to look at much better than at the one that is represented merely by the property that he possesses. Of course we refer to his moral character. Many a man is well to do, that is, he represents property enough to get along well in the world, but he does not because he lacks moral character. I do not say that a man cannot sustain a fair moral character and use tobacco, but I do say that a man can sustain a better moral character by refraining from its use. I did not say that a young man beginning in the world could not accumulate property if he used tobacco, but I said that he could do it better by letting it alone. A man begins life without character. If he has it at all he has to make

it. In Europe and the East titles sometimes descend from father to son, but that is un-American. We allow nothing of the kind here. In the United States every man has to earn his titles, if he has any. Just so of character. There are very few places, in city or country, where a boy cannot say to his credit, "I never use tobacco."

Not a week since I was asked by a hotel keeper if I would not have a cigar? I told him that I never smoked in my life, and never had any tobacco in my mouth but once. He said he wished he could say that. He then said that smoking hurt him and he had given it up, but he said that he chewed yet. There is not a boy or man that cannot say to his credit in any community, "I never smoke, or I never use tobacco." I have never known or heard of a case where any one lost character by refusing tobacco; they always gain. Should a man go out into a farming region to find work on a farm he would not fear that he could not find work because he had never learned to smoke and chew. Even though every man in the community used tobacco, not one would refuse to hire him because he did not use it. The same would be true should a lad go from the country to the city for employment. There is not a firm in New York, Cleveland, Chicago or St. Paul, that ever refused to hire help because such help had never learned to use tobacco. On the contrary, the fact being known that they did not use tobacco, and were decidedly opposed to it, would be no small recommendation in their favor. We will lay down a principle from known facts. A professor in one of our military academies said that from the work of some of the members of

his class he had detected and challenged certain ones as to whether they used tobacco or not. And he said that he had never been mistaken for the first time. It has again and again been published that at Harvard there has not for fifty years been a first prize carried off by an inveterate or heavy smoker. We will now make the application of the principle. 1st. Proposition. A student at Harvard or Annapolis cannot do as good work if he uses tobacco as he can if he does not. 2d. Proposition. The work of educating one's self to be a good salesman, accountant, teller or cashier in a bank is not different in the employment of the intellectual powers from that in schools of learning. 3d. Proposition. In banking-houses, commercial houses or any other houses of business there is need of as well-trained and far-reaching intellects as there is in any of our schools of learning to reach an honorable graduation; hence tobacco, if it is injurious in our schools of learning is also in all our business houses.

I have, for many years, thought that tobacco has had much to do with many failures such as are constantly reported in our weekly and daily papers. And what shall we say of tobacco being chargeable with a want of thrift in many a farming community? Many a farm building might be painted that is not, if the money that is spent for tobacco was spent for paint; and the time spent in smoking and chewing had been spent in spreading it on. Many a cow or colt or calf would have fared better and come out worth more in the spring if the money that had been spent for tobacco had been used in buying meal or shorts, and the time spent with the pipe or quid had been spent

in providing better winter quarters and in giving better care to the young and tender animals.

I cited to you a man, who, when he went to see the lady whom he afterward married, was careful to have no scent of tobacco on his person. He used tobacco after they were married and until he died. I told of another young man, who, in looking forward to the time when he would want a companion in life, thought he would be more worthy of a good one by giving up his tobacco. He always remained of that mind before and after he was married, at home and in the army. Which of the two men exhibited the more noble trait of moral character? In another place I introduced testimony showing that a very large proportion of criminals use tobacco. As many as four-fifths of the criminals in Auburn state prison made that statement; and many of them said that they first began to use tobacco, and then began to drink, and went on until they landed in the home of the evil doer. On physiological grounds the testimony is abundant from the best authorities in the land that the acts of chewing and smoking produce thirst. The mouth and throat become dry, and water does not meet the demand. The drain on the system occasioned by labor on a hot day, calls for water; the well is sought, or the cooling spring. Water seems just to be adapted to the condition of the system from natural exhaustion. But it is not so, if the system has been drained of that essential article, saliva, through the means of the quid or the pipe. Then the coatings of the mouth, the fauces, and even the stomach are in an abnormal condition; and the craving is for a liquid stimulant, and often,

the stronger the better. Right here is often the starting point of a man's inebriety, thirst, created by tobacco, which water will not quench.

Many a family is living in a rented house today, and perhaps a poor one at that, moving from year to year, or it may be two or three times a year, who might have a house of their own if it were not for the inevitable pipe.

There was a young painter, about twenty years ago, in my congregation, who was esteemed very highly for his upright and manly deportment, as well as from the fact that he stood at the head of the men of his profession. All prophesied that nothing would hinder his ultimate prosperity. I observed that he used tobacco, and said to him one day that if he continued in the practice it might injure him. He took from his trunk a little book and opened to a page near the back part of it, where it said that tobacco was recommended as an antidote for what is sometimes called painter's colic. Of course I could say nothing more to him about the use of his pipe. But I marked his course for more than a dozen years, and instead of advancing he fell back; others got the start of him, and led the profession.

I lay it down as a principle, irrevocable, that when money is spent for tobacco, that is needed for comfortable support, or when it is used to such an extent as to lessen a man's physical or mental capacity, the act then becomes immoral. As to whether tobacco is an antidote for painter's colic, I will simply say, that of late years, I have investigated it, and so far, at least, as the testimony of painters and physicians go, find no evidence that it has any influence other

than that the use of it weakens the system, and renders it more susceptible to colic as well as to all other diseases.

It is interesting to take a standpoint where one can look over the various scenes of life as they are acted out by different classes of persons as they are grouped together. We see companies of boys and girls in childhood each with their own idea of propriety. The little girls will play housekeeping with their tables and tea-sets; the little boys will have their toy guns, hatchets, and miniature farm implements. Manhood and womanhood come on—young ladies are interested in studying the most perfect rules of society, and quickly detect the least deviation therefrom; young men are attracted by the chivalric deeds of wise and noble men, and study the best methods by which they can exhibit to the world commendable traits of manhood. Later in life, in the waning period, you will see mothers sitting and telling how young girls did in their day, extolling their virtues and deprecating, should it be so, the want of their continuance. Elderly men, in like manner, rehearse with pride the deeds of valor done by the young men of a former generation. The crowning glory visible to either sex from childhood to extreme old age, rests upon the brow of the chivalric young man, who is willing to do and dare for the good of his fellowman. While the noblest of *our* sex must cheerfully and gladly pay a large tribute of praise to the refined taste and correct judgment of the sex representing all the finer sensibilities of the soul, she also joyfully throws them all gracefully back, and herself with them, to crown a worthy man with honor commensurate with his deeds.

I will ask the reader to run over the life of some well-known and honorable man, for instance such a life as that of Gen. O. O. Howard. See him in his childhood, poor and fatherless. From childhood notice him struggling up to manhood among many difficulties. At West Point again you find him in many a sharp contest with students from the South, because he looked upon his black brother as a man and treated him as such. When our nation's flag was dishonored and her life threatened, he said here am I to be used for the defense of the right. When the time came, and the slave was freed and following the Union army, who but Gen. Howard was looked for to be placed at the head of the Freedmen's Bureau! And then later, when a man with a kindly heart, and great courage and daring was needed to go and treat with the tribes of hostile Indians, Gen. Grant said, "If Howard cannot do it, we have no man who can."

I will here mention two or three incidents in Gen. Howard's life that will serve to illustrate his true character. In the earlier part of his college life he met a young lady, and formed so favorable an opinion of her, that they kept up a correspondence for some time. At length he received no more letters from her; for months he knew no reason why. At last a student who was well acquainted with both parties, told Howard that it had been reported that he (Howard) had been drunk. The student who informed Howard of the report, knowing that it was false made the fact known to the young lady and the correspondence was renewed. She eventually became his wife, and during all these years has

shared his trials and his honors. When he passed through New York with his regiment from Maine, his native state, on his way to the field of action, he gave a toast over a glass filled with water. Many derided, but some approved. He told them that if he could not win the field with water he could not with whiskey. Young Howard occasionally smoked a cigar, but years before the late war he gave it up entirely. Early in his military career he was sent to Florida to look after some of the remnants of the Seminole Indians. It was a few years before the civil war. There were religious services one night which he and some others belonging to his regiment attended. As was usual, after the preaching, opportunity was given for any who desired prayers to go and kneel at the altar. Among others a poor lame negress hobbled to the altar and knelt. Some of his army companions laughed. Howard, seeing their derision, buttoned his military coat around him walked up and knelt beside the poor black woman. Aside from being the right thing to do, religiously, he felt that it was the most effectual way to reprove their improper conduct.

While Howard was making his way in New Mexico to the stronghold of a warlike and hostile tribe with two Indian guides and some half a dozen soldiers, he chanced to fall in with a company of white men far outnumbering his own, and who had sworn to kill every Indian they met. Howard seeing their determination to kill his guides, placing himself between his guides and the enraged white men made bare his breast and said, "Shoot me and then shoot my guides." Howard and his little body of men were

spared, but with a volley of oaths. These incidents in the life of Howard show his real character. The particular trait that I wish here to have borne in mind is, that he would use nothing that would hinder his usefulness or lessen his physical ability. He saw the bad effects of liquor and abstained from all intoxicating drinks; he realized that the use of tobacco was a degrading and debasing habit and gave it up before it became his master. The boy of sixteen or eighteen who may read what we have said of Howard may say, "I shall never become a Howard." Probably not. Yet every boy in our land needs to practice every virtuous habit, and shun every vicious one, just as much as did Howard. The boy at the plow, in the work-shop, or behind the counter, or wherever he may be, needs to practice virtue just as much as Howard did in college, while at the military academy, at the head of his command in the army, or in any of the high positions he held afterward. Virtuous habits are one and the same for all men, and are as needful to the poor man in humble life as to the rich and those in more conspicuous places.

Respect is due to virtue, and the virtuous man has a right to claim it though he may sweep the street or carry the hod. All necessary labor is honorable; and the practice of virtue by an ordinary laborer crowns that labor with more honor. Nor is community slow to award that honor to the deserving. I care not how humble the station of a man may be if he shows noble traits of character, there will not be wanting worthy persons to admire. No boy or man can be long on our streets, in our workshops, or engaged in any business, but it will be known whether he visits saloons

and patronizes cigar stands. I care not whether a man drinks and uses tobacco himself or not, if he sees another man who is in the habit and does from principle abstain from their use, he respects that man for the course that he is taking. He would employ him the sooner as a laborer, or trust him further in any legitimate pursuit on account of it. Not only is this so for the time being, but taking the boy or young man and looking forward prospectively into the decades to come and who would not argue a far brighter prospect for the one who shuns the habit of using tobacco? It may seem a slight thing to smoke a cigar with a companion today, but if by so doing you fix a habit upon you that will reach to the end of your life, it is no small matter. In after life your associations will be changed. You will want a partner in life to be by your side—solace in times of trouble, a friend and helper at all times. She will want you without any tobacco—ninety-nine out of every one hundred do. Every young man, ere he forms the habit of tobacco, should think of that. The prospects in the future, however you look at them, all forbid the habit of using tobacco. It is an evil and a snare. Many are the thousands who have deplored the habit, but I have yet to find the first man who has told me that the habit was a good one. Evil practices may seem like silken cords at first, but by and by they become iron fetters.

TOBACCO AN EXHAUSTER OF THE SOIL.

No fact is more patent than that tobacco greatly deteriorates the land on which it grows. There are

no lands so rich but a very few years of successive cultivation in tobacco will render them unfit for productive crops of any kind. Thomas Jefferson left on record the following testimony which was given as well in relation to its being an exhauster of the soil, as it was regarding its other effects, "It is a culture productive of infinite evil." Gen. John A. Cooke, of Virginia, wrote, "Tobacco exhausts the land beyond all other crops." As a proof of this he said, "Every homestead from the Atlantic border, to the head of tide-water, is a mournful monument to the cultivation of tobacco. It has been the besom of destruction which has swept over the fair and fertile region." Then he goes on to say, "The old tobacco fields of Maryland and Virginia are an eye-sore, odious barrens, looking as though they were blasted by some evil genius." Professor Brewer, after summing up all other evils of tobacco raising says, "A man may get rich by raising tobacco, but his sons and grandsons will get poor," speaking of the deterioration of the lands which they inherit. When Virginia's tobacco lands got so poor that tobacco could no longer be raised on them profitably, their owners abandoned them and moved southwest, finding rich cotton fields, and now some of their old tobacco fields lie awaiting, at a low price, the enterprising young man who will come, and by a suitable rotation of crops and a some commercial fertilizers, bring them again to a state of profitable cultivation. Brewer closes his article on these waste lands by saying, "One has even now but to pass over these once fertile fields, which have been made poor by raising tobacco, to forever raise his voice against the culture

of this worthless and baleful plant, especially if he has any reverence for Mother Earth."

Dr. Humphrey once wrote in regard to raising tobacco, "What shall we say in regard to the raising of this plant which no brute will eat, which affords no nourishment, which every stomach loathes till it has been drugged into loathsome submission, which stupefies the brain, shatters the nerves, destroys the coatings of the stomach, creates an insatiable thirst for stimulants, and prepares the system for fatal disease?" Professor Bascom writes of the growing of tobacco thus: "Take the land, the sunshine and the rain which God has given you, and set them all at work to grow tobacco; throw it into the market; buy with it your bread, your meat, your clothing, books for your children; pay with this commodity your minister and your teacher; pay for everything, and everywhere the good you get, with tobacco or the proceeds of tobacco, viz: that which nourishes no man, blesses no man, but instead begets inordinate and loathsome appetite, impoverishes, debases, and turns all that is lovely and good into that which is unnatural and polluted." Ever since tobacco was raised and became an article of use and commerce the very best of lands have been selected on which to raise it. In tobacco growing states if a farmer had lands that would produce fifty or sixty bushels of corn per acre, and other fields that would yield but thirty, the better land was put in tobacco, and the lighter soils in small grain or corn. As taken from the tabulated statistics of the agricultural reports, we have for one year in acres 330,688 devoted to tobacco. In pounds we will give the relative proportion in a few

of the states. Kentucky, 45,000,000; Virginia, 43,000,000; Connecticut, 7,000,000; Massachusetts, 6,000,000. Tobacco has been raised as far north as Vermont as an article of commerce along the Connecticut river. My son worked during one vacation for a farmer in Vermont, who cultivated it quite extensively. I asked him how that farmer managed to keep his land in a state of sufficient richness to raise tobacco? He said that the farmer kept a good many cows, and killed the calves and rotted them. He put the calves in a pile in the field, and kept their carcasses covered with earth, so that whatever was valuable as a fertilizer, might be saved. He also bought commercial fertilizers and thus managed to raise tobacco even in Vermont.

Many years ago, about sixty, a minister of the gospel went into Missouri, the southeastern part, and preached. It was before much was said by the mass of the people about the sin of slavery. But this minister told his people plainly, but kindly, that it was a sin to hold slaves, and especially to hold them to make money out of them. Some of his hearers heeded his words. He told them also that it was a sin to drink liquor as a beverage, and to carry on distilleries for that purpose. Some of his hearers stopped drinking, and one man stopped distilling and turned his distillery into a place for preaching. And yet another thing he told them, and that was that the use of tobacco was unnecessary and it was a filthy habit, and that the wisest thing to do about it was to let it entirely alone. Very many, especially of the younger portion of the community, heeded his word, in this respect also, for they knew that he was a wise and good man.

Some years afterward, and after this man had left that section of the country, I passed though that same region and formed an acquaintance with some of the families connected with the church that this minister labored with. I was then a young man; and in conversation with some of the young men I asked them if they would raise tobacco to use or as an article of commerce? Several of them told me they would not. On my last visit there, but a few years ago, I found some things that surprised me. One was to see how those hillsides and creek-bottoms retained their fertility. It was forty-eight years from the time I first saw those lands till I saw them last; and those fields that had been in cultivation every year were still producing luxuriant crops, but they had never raised any tobacco.

Not long before I was there last there was a family gathering of three generations, counting the very small children, four. There were fifty adults present, or those who had arrived at years of discretion. The question was asked in that assemblage, "How many of this company drink liquor?" And the answer was returned, "Not one." Then it was asked, "How many use tobacco?" and the reply came, "Only two." I relate these circumstances for the purpose of showing the influence of one man. But for his faithful ministry in that place more than half a century ago, no one can reasonably suppose that such a company of the descendants of one man could have been collected together, using no liquor nor tobacco, save two. We give it as a rather remarkable instance of moral fruitage growing out of a very few years of faithful labor. Bad influence may emanate from a single in-

dividual as well as good, and descend through following generations.

Years ago, at least ten, I read in some of our public journals of a good many individuals of a certain name who were arraigned at the bar of the criminal court in the state of New York. The frequency of the name occurring as it did, arrested public attention, and investigation was made. It was found that these individuals were all the descendants of a certain very disreputable person. This last particular case that I refer to has been in public print no less than three times. The last time that I saw it was less than a year ago. There must have been truth in the report. In the case of the good preacher the influence for good grew out of the man's precepts and example together. In the opposite case when the influence was for evil, we must suppose that influence was twofold, both hereditary and that of example. Even bad people do not always, I think not generally, by precept exhort to evil. I have known men whose example was constantly tending to evil lay down good precepts. In no one thing, I think, do we more frequently see this than in the use of tobacco. Most tobacco users that I have been acquainted with would advise their sons and their neighbor's sons not to use it. Some of those who keep it and sell it as an article of merchandise, sometimes, especially to boys, as they hand it over the counter to them, accompany it with a lecture against the use of it. "Consistency, thou art a jewel!"

I have before spoken of the inherited predisposition to use tobacco, and given the best of authority to substantiate that view of the subject. The parent

who has for a long time been in the habit of using tobacco bequeaths to the offspring a proneness to use tobacco, that it would not otherwise have. This is a theory worthy of consideration. I refer to it here again, to enlist thought on the subject. We all know the power of precept and example; barely the naming of them is sufficient. Every person carries along with him, whether he wills it or not, the power of example; and as to the power of precept, much depends upon its being coupled with consistent example. I know of no work of reform where there seems to be such a lack of consistency as there is in the tobacco reform. The pioneer work of a tobacco reformation is fairly begun, but as yet we see mountains of error and inconsistency.

THE MANUFACTURE OF TOBACCO AND OTHER IMPORTANT CONSIDERATIONS.

In a former part of this work I spoke of the effect of the manufacture of tobacco, especially on the operatives in cigar factories. I have not a full list of all the tobacco manufactories in the United States, but they are very numerous. Many of them are very large, others are on a very small scale. It was stated that there was a manufactory at Alton, Ill., a few years ago, where they manufactured 14,000 pounds daily, or 5,000,000 pounds in a year. This amount it was said would furnish one and one half pounds to each inhabitant of the state, and yet almost every city in the state furnished it and vast quantities were shipped into the state. In New York City, it has been said, 100,000,000 cigars are manufactured yearly, enough to build a wall of cigars four feet high from

the Empire city to Albany, 150 miles. These large manufactories are but indications of the vast amount of tobacco manufactured and used in the United States. It was stated many years ago that it cost New York more for tobacco than for bread. I did not dare to repeat it, thinking it would not be believed, but now nobody doubts it.

At least fifteen years ago a lady who was acquainted in and about New York, told me that young men had told her that their cigar bills were $300 a year. I could hardly credit it; but not long since I was informed, from a source I could not doubt, that a man allowed himself 15 cigars a day, and that his cigar bill was $700 a year. Mr. Knenals, son of a former law-partner of President Arthur, who the papers stated was found dead in his bed from excessive smoking of cigarettes, allowanced himself at sixty cigarettes a day. I would here say that I intended to treat of cigarettes under a separate head, but I found after looking up the subject thoroughly, that it was but a repetition of the cigar, producing the same evils as the cigar, and the same evidences against the use of it, from the best authorities, just the same as against the use of the cigar, so I leave it out entirely.* I do not know the price of the choicest cigar. The man who allowanced himself at fifteen a day and spent $700 a year would have paid for his a little less than thirteen cents a piece. Had he paid but ten cents a piece and spent $700 in cigars, he might have given every third or fourth cigar to a

* Since writing the above I spied the following in a weekly journal. "The cigarette has got in its deadly work many times lately. Here are two instances: J. D. Mellns, of Bridgeport, Conn., died last Saturday of nicotine poisoning. He had been in the habit of smoking 75 cigarettes a day. A few days ago a New York railroad conductor became insane from over-indulgence in cigarettes."

friend. A man once told me that he saw seven millionaires sitting together on a piazza at Saratoga. I asked him of their appearance? He said very much like other men, only they were all smoking fifty-cent cigars. Whether he meant that they were actually cigars of that price, or whether that was his way of expressing very choice cigars, I do not know.

The cost of cigars, annually, that are used in the United States has been set down at $250,000,000. Mr. Simms, of Ontario, has placed the entire tobacco bill of the world at $1,000,000,000 annually, and he says that about half of it is used in the United States. His statement is somewhat under the general estimate. Joseph Cook has said that the people of the United States, per capita, use about three times as much tobacco as the inhabitants of England do. I suppose the estimate of the cost of tobacco to the people of the United States is very nearly correct, as it is given in the almanac published for 1888 by the American Board of Foreign Missions. It is there stated at $600,000,000. I see that the American Home Missionary Society has also made the same estimate, and few would venture to say that two such institutions would publish what could be detected as a glaring falsehood. Hence, we will take their estimate as the basis of a few comparisons. In the same almanac in which they state that the annual cost of tobacco to the United States is $600,000,000, it is also stated that the contributions in the United States to both Home and Foreign Missions put together, amount in a year to but $5,500,000. We, in the United States then, as a people, pay one hundred and nine times as much for

tobacco as we do for missions, both home and foreign. For four-fifths of the present century, since 1810, missions have been the crowning glory of the church of Christ. If you could inspire enthusiasm in the church at all, it has been when you have talked of missions; and yet one hundred and nine dollars are spent for tobacco, as often as one dollar is given to missions. We hold great annual meetings, and come together from all parts of the land to create and sustain public sentiment in favor of missions; but we say little or nothing against tobacco, which is, at least, the second antagonizing influence, or power against missions. Our enemy is intrenched before us and behind us, and we know it not, certainly we heed it not. When we ask for a dollar for missions, behold! a hundred and nine dollars has been spent for tobacco. Our sons, our husbands, our fathers, smoke away the money during the week that should be dropped into the contribution box on Sunday.

$600,000,000 the sum paid for tobacco would build 100,000 churches at $6000 apiece. If spent in building school-houses it would construct 300,000 at $2000 each. It would support 600,000 ministers of the gospel at $600 a year, and the like number of teachers at $400 a year. This sum of money, $600,000,000, goes now for nothing, absolutely nothing but evil, as Thomas Jefferson said, "It produces infinite evil." Every wife and daughter ought to hold up both hands in horror at such a spectacle of waste. Every church ought to be awakened from her long slumbering, which methinks has been more like a nightmare than a sleep. The pious physician whose minister was going to Europe to smoke and take a rest said,

"Ought there not to be repentance, and should not repentance *begin* at the house of God?"

It was not my object mainly in writing against tobacco to portray the apathy of the church in regard to it, but to try and show the youth of our day what an insidious foe they meet with everywhere, and if possible to arm them against *this foe.* As I was looking over a paper which proposes to be looking at the material interests of the state in which it is published, it referred to the cigar factory, and said that one was needed in every important town in the state, and spoke of the output of one or two establishments. What ordinary boy, with no means of knowing the harm that is done by tobacco, on reading that article would not as soon go to work in a cigar factory as in a carpenter's shop? And who would believe that in that very issue of that paper there was a notice of two deaths that occurred from the excessive use of tobacco? In one breath speak of the tobacco industry with approval and in the next tell of the deaths caused by tobacco! The like of that but shows too plainly that little thought has been given by the mass of the people to the evils consequent on the use of tobacco. We can see some reason why spirituous liquors should have been used in the past. They are necessary for chemical, mechanical, and medical purposes, but tobacco is useful for nothing. It has seventeen different kinds of action on the human system, and yet it is not used to accomplish any of them because it is so dangerous. Nothing will relax the system so quickly and to such an extent for surgical purposes, and yet no surgeon uses it. It is a nervine, it quiets the nervous system, i. e., does not

let it complain at the time, but what physician ever administered it for that purpose? We may challenge the world to show any good that it has ever done, or is capable of doing; and yet $600,000,000 are spent by our people for it every year. We spend for breadstuffs but $505,000,000, for meat but $303,000,000. What an anomaly! to spend millions more for that which is a positive injury to us than we do for bread, the staff of life! We chew this vile weed which no brute will eat, till it has so contaminated our blood that a mosquito will not suck it; and when the voracious bloodsucker has filled himself with it he dies.

The delicate membranes of the mouth, throat, stomach, and all the air passages of the body are so disordered with the use of tobacco that they cannot perform their various offices aright. And having munched what no brute will take into its mouth, mixing it with saliva, whereby as if to make a pickle to preserve the body; we next go to work to burn this vile article in front of our nose and face, making a horrible smoke; drawing it into our mouths and imprisoning it there awhile, we then pour it out into the air surrounding our bodies; a process that might appropriately be called baconing ourselves, We all know something of the process of pickling and baconing meats to preserve them, nor would we call in question the wisdom or propriety of doing so. The ancients used to preserve the dead bodies of their relatives and friends sometimes, which we have never complained of. But we do seriously call in question both the wisdom and propriety of trying to pickle or bacon a living body to preserve it or make it better. God has in our very organism set to work

all the necessary machinery of life, given it a temperature which we should endeavor to maintain. From the mother we draw requisite nourishment during the first stage of our existence. In passing from that stage the elective power of the child is a very safe guide to proper food and drink. Bread, fruits, meat, sweets, milk, water, are all craved and wholesome, and the particular desire or craving at the time is usually a criterion which is most suitable in health, not so always in sickness. Articles injurious and forbidden may be concealed in those that are pleasant and wholesome, as rum or whiskey in sweetened water or sweetened milk, and thus a habit may be easily formed for articles which, if presented alone, would be rejected. If tobacco is craved by a child as fruits are craved — cherries, plums, nuts, and larger fruits — let it eat the tobacco, it will not hurt the child. But such a spectacle was never witnessed, except when such a desire was inherited from parents and ancestors addicted to its use.

Preservatives are not necessary to the living body. The circulatory systems, depositing and absorbing, keep the body fresh and pure. Give the system what is necessary in food and drink, and it knows what to do with it, and will send each and all to their proper places to make bone and muscle, brain and cellular tissue without the least mistake. All the machinery is there, and usually in working order. If anything goes wrong, we should go to the physician who is supposed to know something about it. While the machinery of life moves on no preservatives are needed. When the machinery of life ceases and life becomes extinct, few or none will object to any

means the friends may desire to preserve the body. it can preserve itself no longer. But while there is a preserving power in the body, there exist strong objections to any process of preservation. First, because it can do no good, and must do much harm. Second, because the one now in very general use is very expensive. Six hundred millions of dollars is an immense sum to be paid out for such a purpose. Wives and children, at least thirty millions of them cry out against such a waste of money. Philanthropy raises her voice against it; science and education have uttered their protest against it for nearly half a century; and of late, even legislators have said that it was not best to try to preserve the living and active bodies of our boys under sixteen years old by the process of chewing and smoking tobacco.

I wish that I could, by some stereoscopic view, place all the mountain piles of tobacco that are raised in the United States, before the boys of our land. Kentucky's 45,000,000 pounds; even Massachusetts' 6,000,000 pounds, together with that of every other state that grows tobacco making a pile higher than Wachusett or Monadnoc. All this has to be chewed up, warbled about in that delicate organ, the mouth; and when the virtue (poison) of the tobacco has passed into the system the residue, like old tan-bark, is cast out to be trodden under foot of men; or it is burned in close proximity to the nose, eyes, and face;—all this for preserving the body and keeping it in good order. All the corn-cobs, birch-wood, and hickory-wood of pleasant odor that is used to make a smoke for baconing meat, would be but a little hillock compared with this huge mountain of tobacco used to preserve our delicate organisms.

I was taught in my boyhood, as a principle in natural philosophy, that when we smell anything some particle of it must come in contact with the olfactory nerve, as when we smell musk, a pink or a rose. A particle then of tobacco must enter the nostril every time we smell tobacco. A man with a huge quid of tobacco in his mouth chewing and spitting, will perfume (pollute) the air for sixty feet around him, so with a man with his pipe in full blast. A man who occasionally got a pail of water from our pump, the other day chanced to come out of our well-room just as I was about to enter it. He had perhaps worked as hard, or harder, at his pipe than he did at the pump, for he took but one pail of water out of the room, but he must have left ten or twenty pails of smoke in the room. Had a hundred persons entered that room one after another as I went into it they would all have distinctly got the scent of tobacco, or in other words, tobacco would have entered their nostrils. The last time I entered a car with my wife she would have it that we had got into the wrong car—the smoking car—I said not, "don't you see that half of those in the car are women"? "Well," she said "I smell tobacco smoke" (women always have better smellers than men). I said "It is only what comes from the clothes of smokers." Tobacco is almost everywhere. The streets of our cities are full of it; every sidewalk of our small towns is full of it; it has almost unlimited right-of-way. It is claimed that it has no right in the palace-car, but even there it clings to the gentleman's moustache and kid gloves. It is quite impossible to tell just what an amount of injury tobacco is doing. It may do more harm to those who

do not use it themselves. We gave the case of the wife that was poisoned through the smoking of her husband. He quit and she recovered.

Physicians weigh very carefully predisposing and exciting causes. No one can tell how slight an exciting cause may develop latent predisposing causes that have long waited for a convenient opportunity to leap upon us. A slight abrasion of the skin may call forth erysipelas that will rage with mighty fury. A short walk in a malaria-laden atmosphere will sometimes bring on an installment of chills and fever; and who does not know how slight a cause has often been the means of the relapse of a disease which was so much dreaded? The line between the well and the not well is a very narrow one, easily stepped over. By great care and the avoidance of all exposure many delicate people lengthen out their lives tens or scores of years. A delicate child in a house poisoned with tobacco may sicken, and from that cause alone never arrive at maturity; while other stout and robust children would hardly feel the injurious effects of it. The wives, the children, the sisters, are often greater sufferers from tobacco than the fathers and brothers who use it. We often hear the remark made by those who are indulging in bad practices to those who would restrain them, *you* let it alone and it won't hurt *you* any. But that is not so always, nor is it so absolutely ever. No member of a family can do a wrong thing but what every other member must suffer in some way and to some degree. If a child has eaten unripe fruit and brought on cholera morbus, the father has to go for the doctor and the mother has to nurse the child, to say nothing of the anxiety of

the whole family. If the father does a disreputable act disgrace fastens in a measure upon the whole family, at any rate all feel it. This is true in a two-fold sense, physically and morally. The transgression of physical law has a penalty annexed. The infringement of a moral law is followed with a sequence.

I read the other day in a carefully prepared scientific article the two following quotations: "About eleven per cent of all the deaths in the United States are the result of some form of nervous disease, a cause which does not find mention in mortality statistics in other countries." "Out of a thousand deaths in the United States, forty-one are violent, and throughout Europe only sixteen out of a thousand." When we remember that the United States, per capita, uses three pounds of tobacco to England's one, as Mr. Cook stated in his Boston lectures, may we not get a clew to one of the causes, if not the main cause, why so many more die of nervous diseases in this than in other countries? The united testimony of all physicians who have given any attention to the subject is that tobacco shatters the nervous system more than anything else, liquor not excepted.

PERSONAL LIBERTY.

Within the last few years we have heard a great deal said about personal liberty, as though a man might be in danger of being hindered in life from pursuing the course that would really be best for him to pursue. Is there, in reality, any such danger? Is not the danger almost or altogether on the other hand? viz: that men are in danger of pursuing a course in

life which is not best for them, all things considered. We will endeavor to go to the bottom of this question of personal liberty as it has to do with the using of anything else.

In times past, fifty or seventy-five years ago, on board of ships the discipline was often very severe, the will of the captain being absolute. It was nearly or quite a hundred years ago that an English vessel was sailing among the South Pacific islands, and some of the under officers of the vessel got it into their heads, or it was really so, that the captain of the vessel was cruel in his discipline, and mutiny was the result. The captain and all that would not join in the mutiny were cast overboard and destroyed, and the mutineers took possession of the ship. There was then no law, every one might do as he pleased. After much wrangling and contention as to what they should do, the stronger part concluded to seek an obscure and uninhabited island, where fruits grew spontaneously, and to live there just as they pleased. They soon found the island that they thought would shelter them from being discovered, and where there were fruits, but no animals. To make their happiness complete, they went to some of the inhabited islands and decoyed away some women, and also purchased or stole some animals, much like the hog, that would give them a supply of meat. Then they dismantled the ship, using such parts of it as would subserve their interests, and the rest they concealed as well as they could in a deep cove. They remained there without being discovered nearly or quite twenty years, but were they happy during those years? The narrative as I read it in a Sun-

day-school book which was written at least fifty years ago said that they found a root that was nutritious and that when pounded up and fermented yielded a kind of drink that was intoxicating; and that in their drunken revels they would butcher and destroy each other. The men would quarrel about the women, and the women would murder the men as they lay asleep. The fathers did not know their own children, nor had the mother a mother's affection for her own child. When they were at last discovered by an American vessel there were, I think, but one of the original crew living, one or two women, and quite a number of children. Such is personal liberty.

Next to the liberty of this ship's crew is the liberty of savage nations. Savage tribes and nations usually have some faint shadow of law, as seen in their councils of war, but we see its natural workings in the dwindling away of the Aborigines of our own country. For more than a hundred years the question was constantly asked, will not the North American Indian become extinct? And it was not till they began to adopt the white man's ways, and especially his laws, that the question was satisfactorily answered in the negative. Like the increasing light of day after the day star has arisen, till the glorious rays of the morning sun have shot far across the horizon, so is the light of civilization, as it increases in brightness from the darkness of savagery till it shines at length in its brightness as seen in civilized and christianized lands.

We are now, perhaps, better prepared to answer the question, what is personal liberty? Mr. Glad-

stone, as some think the foremost statesman of our day, has said that it is the duty of the state to make it as *hard as possible* for the citizen to do wrong, and as *easy as possible* for him to do right. In the light of this declaration of Mr. Gladstone's all legislation ought to be enacted. In civilized society there is no such thing as one's personal liberty, independent of the interest of others. Society is based upon this foundation principle of yielding our own individual interest to the general good. The assessor comes to my house and asks me what property I own? I tell him that it is none of his business. He comes again with an officer and compels me to give an account of the property that I possess. A certain per cent of that property I have to give to the town, county, state, and it may be, some also to the federal government, nor can I help myself. But what do I get in return for the tax that I pay on my property? Protection. An enemy of mine threatens to whip me if he can catch me alone. I have but to make complaint to the proper authorities, and furnish the proof that my person is in danger, to have the offender imprisoned, or placed under bonds sufficient to insure peace. If my character is unjustly assailed, I have recourse by law to a reasonable compensation. And if an attempt is made in any way to injure me in my property, the law is always ready for my protection. In consideration for the tax that I pay, there is guaranteed to me a good road to travel on and all dangerous animals and unsightly objects are debarred. If I fall through a defective sidewalk and injure myself, or my horse falls through a defective bridge, I get paid for the injury I sustain or for the

damage that is done to my horse. If I am an American citizen and send my goods or property upon the high seas, and any nation seizes them and I suffer loss, the American government at all times holds herself ready to act in my behalf till I am fully compensated for my loss. Nor do my privileges as an American citizen stop here. If in any way I lose my property and have no means of support, the town or county gives me a comfortable support. If my child is born blind, or deaf, or dumb, or becomes so, the government has provided institutions adapted to such special cases, and if I am not able to bear the expenses of my children at these institutions the government bears them for me. All these things the government does for me in consideration of my being an American citizen.

If any man does not wish to have his property assessed and pay his taxes, he has but to betake himself and his property with him to some desolate island or some uninhabited and unexplored region where he can enjoy personal liberty. It is not to be found in any civilized land. The United States boasts of having as good a government as the sun shines on, and of giving as much liberty as is possible, with the protection which her citizens require. It is a fundamental principle of our government not to restrict the private citizen except for the general good. This is the case in municipal, state, or federal government. The higher our state of civilization and the more enlightened we become, the greater necessity do we see of securing still greater good to the people by legislation. The more we learn of sanitary laws and the wonted course of disease, of

whatever kind it may be, the more particular are we in our quarantine regulations to keep contagion from our borders, and to try and stay its progress if it enters. We do not stop with infectious diseases of the human system, but we look to infection among all domestic animals. How many herds of Texas cattle going north have been stopped and turned back when there were signs of disease? How often have owners of diseased horses been compelled to keep them on their own premises; and in some instances owners have had their horses killed by the requsition of government, lest the disease should spread and become a public calamity. Nor does personal right yield alone when there is public danger from disease.

A section of country, a town or city wants a railroad or some other public work. The road is surveyed, or the grounds for public work are chosen, and many a private individual has his property taken from him against his will. He receives some remuneration, but in many instances it comes far short of a complete remuneration. All that we have to say in regard to all these cases that are occurring every day throughout the civilized world is, that the general good requires them; and those who are not willing to yield their personal rights to the general good of society must find isolation on some uninhabited island, or some vast desert uncrossed. If there is a necessity for us to yield our rights in those things that are essential to life and happiness, such as houses and lands, for the general good or for public welfare, what shall we say in regard to our rights to hold and use those things which in themselves are positively injurious? for it is in regard to these that the question

of personal liberty has been raised—the right to manufacture and vend intoxicating liquors as a beverage. So far as the United States Supreme Court is concerned, its decisions touching the question that has been in dispute for years past, are fully in accord with those who believe that for the best good of society and for the greatest amount of happiness the individual's rights must yield to the public good.

Government has not only a right to take and use our property, but it has a right also to take and use our persons, under certain circumstances. War impends, and our country asks the citizen to volunteer and become a soldier. He prefers to stay at home and plow his fields. The goverment drafts its army, and we are saved from being conquered by a foreign foe, or being rent asunder by foes from within. I meet a Prussian in our land, and he shows unmistakable signs of having been a soldier. I ask him if he has seen war? He says "Yes, seven years." "Did you get anything for the services that you rendered to your country?" The reply is, "No." We render some little remuneration to our soldiers, whether they volunteer or are drafted. It is not our business to make any comparisons between the United States and other nations, we only wish to show that nations cannot exist except as the individual yields his rights, when necessary, for the public good. Government can do anything and everything, under certain circumstances, for its own preservation and for the good of its subjects.

We will not enter to any considerable extent upon the power of government to prohibit or restrict. We have already said enough to prove beyond a doubt

that whatever is seen to be good the government has power to protect and defend, and whatever is seen to be injurious, government has the power, and is in duty bound, to put an end to, grading the penalty against the evil commensurate to the evil itself, even up to the death penalty. Neither the best good of society, nor the greatest security of the individual can be promoted in any other way. Intoxicating drinks, the most prevalent evil that we know anything about, have in some of the states of the Union been legislated against, both as to their manufacture and sale as a beverage, with appropriate penalties. The same thing has been done in counties in other states, and in various municipalities in nearly all the states in the Union intoxicating drinks have been excluded by law. There is, perhaps, not a state nor a territory over which the American flag is unfurled, where free rum is sold. The fact is pretty well understood and acknowledged, certainly by all fair-minded persons, that intoxicants are subject to legislation, even to their entire exclusion, with exceptions for useful purposes. Year by year legislation has been at work, as the knowledge of the evils of intoxicants has become more and more apparent. And now it looks as though, at no far distant day, all intoxicating drinks will be banished by law, except for specified purposes. And what is true in our land is fast becoming true in all the civilized world.

We also see, as has already been stated, initiatory steps taken in some places to prohibit the use of tobacco especially to boys under sixteen years old. Bills to this effect have been presented in the legislature of Illinois, New York, and in the senate of the

United States. In Chicago, also, effort has been made through the municipal authorities to prevent the sale of tobacco to boys. Much light is being shed everywhere as to the great evil tobacco is capable of doing, and as light continues to spread on this subject legislation will take up and do its part of the work. A certain amount of light and knowledge must go before legislation, and the day star has already appeared betokening a flood of light that will ere long appear. Scientific instruction as to the action of narcotics on the system that is given in our common schools is a precursor of much good; and the very fact of legislation having been inaugurated on the subject is also educational. Scientific investigation and wise legislation will go on hand in hand, till, at no very distant day, we predict a tobacco reform that will be second, in its happy results, to no other that the world has ever seen. When the time comes for more general legislation on the tobacco question we shall not look for it to meet those bitter foes that the liquor question has met with in attempting to legislate restriction measures. In various ways we presage for tobacco a somewhat easy and tranquil death. A law has been in existence in some states, ever since I was a boy, to prevent the spreading of a certain noxious plant. The statute provides, with appropriate penalties, that before the blossoming time of the Canada thistle every man upon whose premises this plant grows shall cut it down.

When it has been thoroughly understood that tobacco has never done and never can do any body any good, but that its growth, manufacture, and use are attended with almost infinite evil, how easy it

will be to prohibit the culture of it! And then all the poisoned streams that have flowed from it for more than two hundred and fifty years will be dried up entirely, and the nation will be saved from the evils growing out of its use.

CONCLUSION.

I have discussed the tobacco problem under more heads perhaps than might be thought necessary, but what I have said under each has a relative bearing on the main question. It will be borne in mind that I have written for the boys, and introduced some things that I thought would be interesting and even amusing to them; and other things that I deemed it important they should understand to get a clear conception of the evil of tobacco. What I have said under the head of personal liberty can but be regarded as appropriate in the present stage of the discussion of that subject.

In these concluding remarks I will not attempt to review the entire line of thought that I have been over in the preceding pages, just a few of the main propositions are all that I will bring up in review.

One that will strike all who have given the work ordinary attention is that tobacco is disease producing. Under that head I was careful to produce testimony from medical authorities that could not be disputed. The best of medical authorities throughout the civilized world are agreed on that subject.

Of almost equal importance is the fact that tobacco so stupefies, and brings the mind into such a lethargic state, that the youth or student who uses it rarely or never, successfully competes with his fellow

student who does not use it. Even as long ago as in the days of Sir John Herschel, the great astronomer, he said in relation to tobacco, "I will not limit myself." He knew well that to indulge in tobacco would limit his ability to "sweep the heavens" with his telescope, and draw therefrom all the knowledge that the stars could reveal. And a no less important, though sad truth is, that the moral sentiment of the inveterate user of tobacco is let down. The boy who has always been taught to revere the truth, when he has been led into the habit of using it, will often dissemble, and sometimes flatly deny the truth, to screen himself from a knowledge of the fact. And if a boy will thus try to deceive a tender and loving parent, and the one whose hand and heart he would win to be his for life, through the use of tobacco, what will it not do in the cold and heartless business world? Such being the fact, we do not wonder that defaulters, swindlers, those who skip the country, and most of those whose homes must be permanent, for a term of years, are said, almost without an exception, to be greatly addicted to the use of tobacco.

I have given much time and space to the fact that there is so much ignorance concerning so great an evil. I was led to the inquiry, why is it? The magnitude of the evil is seen to be alarmingly great to medical men who have had to do with it, and to a few others who have suffered seriously from its use; but the great mass of mankind are groping still in darkness in regard to it. The main reason, as I have conceived of it and stated it, is the fascinating effect that tobacco has. This thought or view of the subject I have made

prominent all the way through the book at every convenient opportunity. I am not alone in this conception, and I would make this view of it a pivotal point in the entire discussion of the tobacco question. An evil must be seen to be shunned. There is no other evil habit so inexcusable. The use of liquor has some chance to bring in an apology. It has its occasion, time, and place—but tobacco has no occasion, no time, nor place when it is needful. One-third of the alcohol manufactured finds its legitimatate place with the arts, the mechanics, or with the druggists. But tobacco finds its legitimate place nowhere; hence it should be universally outlawed by reason and common sense.

I have, by all available means in my power, sought to show how unphysiological, how unphilanthropic, and how ridiculously foolish it is for a man to spend his time munching tobacco, or to burn it in close proximity to all the delicate physical organs through which he gains his knowledge of the external world; and in consequence losing much of the exquisite pleasure they are capable of giving. By so doing he impairs each and all of these organs, and in effect renders himself inferior to what he was intended by his Maker. I have portrayed the cost of the use of tobacco to the individual, the church, and to the world at large. I have shown to the individual his loss of a thousand comforts through this foolish and wicked indulgence; to the church her contemptible stinginess in her benevolence, when compared with the world's prodigality as seen in its expenditures for tobacco. I have referred to the impoverishing of the fairest of the lands, as God bequeathed them to us, that we might raise a vile product that not one of the lower order of

his creatures would touch ; as if to impeach the wisdom and goodness of the giver. I have shown what appears to me to be an alarming dereliction in the church of God for her members to hold universally in the marts of the world for sale an article so productive of harm physically, intellectually and morally. But in these closing lines it affords us pleasure to say that we, if but dimly, yet with more than a single ray of hope see the harbinger of a better day. The fact that our ministers of the sanctuary, as a body, are free from the tobacco habit is a precursor of a reform not far off to be reached. The gray of morning is to be seen in the east, and *surely* more distinct rays of light will soon appear.

What the church has lost through this vice, nothing but eternity can with certainty reveal. That often the names of three females to one male are to be seen on some of our church registers is noteworthy, when it is known that nineteen-twentieths of all the tobacco that is used, the latter is responsible for.

Some person in the not very distant past, caused a chronicle to be written. It may have been the record of an actual dream. It purports to have been so, and of a woman. The chronicle goes on to say that she dreamed that she died and went to the gates of the celestial city for admittance, but the keeper said that he must be assured that her name was on the Lamb's Book of Life before she could enter. She bade him search the books ; he did, but returned saying, "It is not there." She bade him search again ; he did, saying, "I cannot find it." In great distress she told the keeper to look carefully, for it surely *must*

be there. He did so and after a long time, returned and said, "Yes, it is there, but so buried in tobacco smoke as to be scarcely legible." As the sequel to the dream expressed it, she never smoked again. Who can but wish all our smoking christians might have such a dream!

I had a ministerial brother in Southern Illinois, fifty years ago by the name of Stewart, whose labors were sometimes sought in evangelistic work. On one occasion he went to assist a minister whose church was greatly in the habit of chewing. Mr. Stewart labored hard a few days, but apparently with little effect. He finally told Brother Dunlap, whom he was assisting, "There is no use in trying to preach the Gospel to men when they are narcotized with tobacco. See the quids about the door, and even under the seats, they tell the story!" He stopped his meetings, as he said, because there was no use of preaching to men when they were stupefied with tobacco.

The hindrance that tobacco has been to the legitimate work of the church, both as to her contributions for home and foreign work, as well as to its stupefying influence over the pews, closing the ears and hardening the heart against the messages of God's love and mercy to guilty men, none can tell. For various reasons which we have tried to set forth on almost every page of this little work, we believe the spell on the church caused by this insidious foe is soon to be broken. May God hasten the day! AMEN.

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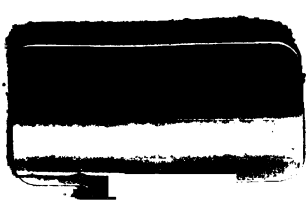

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